

The Voice 2017



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

Presidents Message

Dear Friends,

This year on December 2 VFA will celebrate its 30th Anniversary. And for that reason you will find this edition to be a little longer than usual and jam packed with information.

We were founded in York Village, Maine on December 2, 1987. And what have we done in that time? We have spayed/neutered thousands of animals, particularly cats. We began our first TNR (Trap/Neuter/ Return) right in York Village and have conducted countless others in both New Hampshire and Maine since that time. We have held numerous protests at York's Wild Kingdom, hoping to expose the animal cruelty that goes on there daily. A plan is being developed for them to begin again in the New Year.

When the Ice Storm of 1998 occurred VFA had the only animal rescue shelter in the state (as the Red Cross was predictably turning animals away). Because of our efforts we made National news and were even interviewed on CBS Sunday Morning. Now all states have to have evacuation plans for all animals and people to implement them but in 1998 Voice for Animals stood alone expressing daily through our words and our deeds that all of these animals mattered.

More recently, under a grant we received, we spayed and neutered cats of low income residents who were on disability or receiving federal or state aid. Fixing cats of people who could not afford to have them spayed or neutered was an area totally unaddressed until that time. It had accounted for many, many unwanted babies being born; for the animals we helped there would never be any more unwanted, homeless kittens and ultimately cats.

In 2009 we decided to make the Seacoast the only area in which we operated. As a result, River Valley Animal Advocates of Canton, Maine became its own organization. You can check out their accomplishments here: <https://m.facebook.com/profile.php?id=137371359631411>. Somewhat earlier Save Our Strays (SOS) of Fairfield, Maine had also become their own organization. You can check out their accomplishments here: <http://saveourstraysinmaine.info/>. Both have made a huge difference in overpopulation in their areas of the state and VFA is happy to have been a small part of their efforts.

To commemorate our Thirtieth Anniversary we will be scheduling speakers on various animal related issues throughout the coming year. In September Lynne Fracassi, founder of Maine Citizens Against Puppy Mills, spoke at the York Public Library on her efforts which eliminated numerous puppy mills in the state. As a result, Kathryn Davis who attended the meeting in York with help from Maine Citizens Against Puppy Mills, Voice for Animals members, and members of the New Hampshire Animal Rights League, has begun a concentrated effort to end puppy mills in New Hampshire and the first protest was held on November 4 from 11 am to 1pm in front of the Little Shop of Pets on Lafayette Road in Portsmouth. Nearly fifty people showed up for this. Two more on successive Saturdays have been held with more to come. See pictures in the article below. My only regret about the September 30th event is that someone with time constraints came to talk about York's Wild Kingdom. We put her off; planning to get to her after the presentation was over. She left before that time and I never got her name. I have tried reaching out to her in various ways but as yet have not found her. I would be very happy to listen to her and hopefully work with her. I

Presidents Message

am still hoping that she will see many of my postings about this and that we will ultimately connect.

Finally, on our thirtieth anniversary VFA is still hoping to create a shelter/sanctuary with your help. You will find information here about how one in New Hampshire began. We hope you will find it inspiring.

For the animals,

Caryl McIntire Edwards
President/Founder

Animal Communicators Thoughts from Sara Moore

For those of you who don't know me, I am a psychic for people and pets. I tune in to their energy and receive my messages in thoughts, images, feelings, tastes, and simply just knowing. The animals often come to us to teach us something about ourselves or to help us further along on our journey, so most readings that start out about the animals end up actually being about you! There are a few stand out readings I'd like to share with you. One is what a dog had to say about the darker side of people that we're seeing. He said that when we look into crystal clear water, such as in the tropics, there is such light that all we see is the sand underneath. Sometimes we have to look into the darker parts to really see ourselves reflected. Does that make sense to you? I thought it was so profound- and it came from a DOG! The take home from that is when someone pushes your buttons or your reaction to them is visceral, they're teaching you something about yourself. The second reading I'll share with you is about a dog who was rescued nine weeks ago. Before the owner could even tell me anything about her, the dog said that because of her past she felt exceptionally vulnerable. She didn't want to put her back to the wall, or her face to the wall because she never knew who was going to sneak up on her or what they would do to her if they got her. Problem was, there was no reason (anymore) for her to worry. I asked her what would make her feel safer, and she requested a larger crate covered in an inky black fleece blanket with a black bed inside. Then she knew she'd be safe. It was also symbolic of her being

rescued from an unsafe environment (the dark energy) and realizing that when she is ready she will emerge into the light and be the vibrant pup she was meant to be.

I am so grateful to be able to help you communicate and better understand your pets! If you'd like to learn more go to www.enlightenedhorizons.com and like Sara Moore Enlightened Horizons on Facebook.

Thoughts from Michelle Lowry



The winds of change – channeled by Echoe I would like to introduce you to Echoe, a 25 year old guide and mentor. Over the last 19 years this deep, ancient and

wise being has been guiding me in my life and my own purpose. He would like to share this channel and hopes you find what you need from the words and message:

The intergalactic energies are coming together now to shift and realign all, to bring existence into a harmonious and loving place. For all to realize we are all in balance with the life force of mother earth and we are in a beautiful time of playing with nature once again, of knowing ultimately that the synchronicity and alignment for us all is in listening to her guidance and wisdom. She and all the elements are gifting us at this time with the possibility of complete connection to all that we can be, and in harmony with all that we can be. “Michelle has also used Sunshine, a six year old miniature horse for channeling. *Michele Lowry, Scribe for Echoe and owner of Nikoe*

Natural Therapies – Facilitating emotional, physical and spiritual healing for Animals and People since 2002. Private Sessions blend communication, reiki and



Sunshine

shamanism. Retreats and workshops also offered to support the messages from Echoe. www.nikoenaturaltherapies.com [This has been edited by VFA as our reason for including animal communicators has always been to encourage people to go to communicators if an animal is experiencing problems and or if they have lost one. This has proven to be useful for shelters/rescues and beneficial for the animals housed there. If you have needs of this sort these people are two great resources for help.]

Letters to the Editor

Dear Voice for Animals

Thank you for sending me your newsletter. I look forward to hearing from you every December. I appreciated your articles regarding the dairy industry. Both my parents came from farms. Although we did not farm, I spent a fair amount of time on direct relatives' farms" uncles-cousins. I am well aware of the truth regarding this "industry." I think you expressed and exposed these truths in a straight forward way! Remarkable! So called "organic" etc. farms are not necessarily better. The goals are the same. I am still haunted by what I witnessed as a young person: even after 50 or 60 years. These animals were treated "humanely," but in reality, removing calves from mothers is not humane. Cats received no care. As I said, I am haunted. Is is so good to hear from people who share my views. Thank you.

Karen Gutchess, VFA Member



Heartbroken mother follows baby calf as he is taken away for slaughter
<http://www.relayhero.com/heartbroken-mother-follows-baby-calf/>

Live and Let Live Farm Rescue

This year, the *Live and Let Live Farm Rescue and Sanctuary*, situated on almost 70 acres of land in the small bucolic town of Chichester, NH, celebrated its 20th year of operation. *Live and Let Live Farm* provides life saving services and efforts to horses, ponies, goats, dogs, cats, pigs, as well a constantly rotating array of guinea pigs, snakes, chickens, cows, steer, ducks, geese... the list is always changing as animals get adopted out to loving homes, which makes room for the near constant procession of new arrivals. *Live and Let Live* is one of the only, if not *the* only, volunteer based, independently licensed rescues for agricultural animals in the state of New Hampshire. To the more than 500 volunteers who keep the farm running and meeting the endless needs of rescue and rehabilitation, this is their second home. To many, their first.

This is the home and lifelong passion of *Live and Let Live Farm's* Executive Director, Teresa Paradis. She grew up with a passion for animals; caring for them, rehabilitating them, and finding adoptive homes. She started with cats and dogs, but as a young teen began working with horses behind the scenes at a farm owned by a trainer with horses that raced at Rockingham Race Track, Scarborough, and later Suffolk Downs. As her knowledge grew, so did her passion for rescuing horses.

In 1997 Teresa met Jerry Paradis, who at the time owned and operated his own concrete foundation company. It was an ideal match, and they eventually married in 2000. Their house situated on a large parcel of land in

Chichester, they began clearing land for a paddock and a barn for the five rescue horses Teresa had at the time. They soon started taking in horses in need of rescue, then more land clearing, more paddocks, and more out-buildings. It's been a constantly increasing whirlwind cycle ever since. From rescuing PMU mares from Manitoba Canada, to rescuing abandoned pregnant dogs on Tennessee highways, to saving Navajo Mustang foals

orphaned in “round ups” in New Mexico, the work is never ending.

One of the more remarkable stories that has emerged just this month, is the adoption of *Neptune*, one of five horses rescued from utterly deplorable conditions on June 6, 2014, in what has been colloquially referred to in our LLLF family as “the D-Day rescue.” As has become the farm’s tradition, each rescued horse is given a new name to symbolize his/her departure from a life of torment, starvation or neglect, entering into their new life, far from pain and embraced in love. Because the rescue occurred on D-Day, the rescued horses were given D-Day related names. Rebecca Howland, a LLLF volunteer (and incidentally, a film documentarian who is set to release a feature length documentary about LLLF, “Voices in the Dark”), began working with Neptune a little over a year ago, and just recently took the step to adoption. While Neptune’s (and Rebecca’s) story is unique, it is a story of joy told over and over and over at the rescue farm, each time providing a sense of strength and purpose to all the volunteers.

At any given time the rescue farm is home to about 70 to 80 horses— abused, neglected, starved, beaten— or any combination thereof. Most often they arrive with internal and external parasites, lack of proper vet and hoof care, and require individually specialized diets. Some are old, some are young. And some thrive, while others have not yet grasped the break from their previous lives; not quite daring to believe their suffering could really be over. While total numbers over the 20 years are difficult to calculate, Paradis estimates that the team of volunteers, currently about 500 (and always changing) who log nearly 50,000 hours of volunteer service annually, have saved or rescued horses numbering in the thousands. This in addition to the thousands of dogs, cats, goats, exotic birds, pigs, sheep, etc. The farm operated for about five years prior to obtaining its 501-c3 non-profit status, and it's made a significant difference.

To anyone wanting to start a horse rescue sanctuary, Teresa has some advice to share. Obviously one needs a sizable piece of land for such an undertaking, but it’s important to ensure that the property meets all local and/or

state requirements before investing in the property or proceeding with any construction of buildings, paddocks, etc.

Focus on obtaining non-profit 501-c3 status, as this will open up avenues for financial donations. She warns, however, not to fall into the trap of thinking that 501-c3 status will make money come in *easily*. It will not. Learn the art and established policies of grant writing, and polish those skills, as this will prove to be invaluable. Remember, there are many 501-c3 organizations out there, and *they* are vying for the same dollars you are. You need to find ways to present *your* operation as unique and meaningful; able to achieve the established goals. It's "musical chairs" with money, and the money goes to the ones that can find themselves seated when the music stops. Paradis further points out the need to find at least five people who are fully on board with your mission and vision, and establish a Board of Directors. Cultivate local relationships with stores, vendors, farmers; word of mouth is great advertising.

In addition to these things, you’ll need to have a certain amount of money set aside ahead of time, to fund the general operation and deal with those unforeseen but inevitable crises that arise, at least for the first three to five years when your non-profit is getting on its proverbial feet. There’s no set amount that is ideal, but



Two of the D-Day Rescued Stallions Patton and Neptune May

you *will* need some set aside for the lean times. Rescue work has a high burnout rate, so pace yourself. Be prepared to take breaks for mental

health and rejuvenation. And don't be afraid to ask for other peoples'/organizations' discarded or unused items. Their "junk" could be your treasure; a car that is no longer used, feed or hay from suppliers or pet shops or local stores, non-functioning chest freezers for holding grains; get creative in what you ask for, and don't be discouraged by hearing the word "no." Keep asking. Above all, Paradis says, enjoy the journey in making a difference in the lives of animals in crisis. You might help them for a few days, or many years. You'll have ups and downs, and often have to make decisions you hate having to make. But ultimately she says, there's nothing more rewarding than rescuing, rehabilitating, and providing sanctuary for horses and other animals in need.

And she should know... she's been doing it for nearly half a century, and hasn't regretted a moment of it.

Scott Philbrick

Tips That Could Save Animals in Case of a Natural Disaster

With so many serious disasters in the last few months this is very timely. Here are a few suggestions.

1. Make sure your companion animal is microchipped
 2. Create an animal emergency kit to go with your own, including pet meds and important documents.
 3. Consider buying a rescue sign for your front door, listing how many animals and what kind you have.
 4. Formulate a plan in case you aren't home when a disaster strikes. If you have a regular pet sitter, discuss this with them, if not, certainly inform your neighbors and exchange phone numbers so you can always be in touch if disaster strikes.
 5. Consider where you will stay in the event of an evacuation. Many shelters and hotels will not accept companion animals. If you don't have family or friends to stay with outside of your area compile a list of hotels that will accept animals. Also, connect with SMART in Maine and DART in New Hampshire to see where they have established designated sites for companion animals.
- Please check out last year's newsletter for specific information or go to these following sites

<https://www.asPCA.org/pet-care/general-pet-care/disaster-preparedness>

For Preparedness for Farm Animals go to http://www.humanesociety.org/assets/pdfs/disaster/disaster_preparedness_livestock.pdf

For Preparedness for Community Cats go to <https://www.alleycat.org/community-cat-care/be-prepared-for-disasters/>

To Become Involved in Rescue/Sheltering in a Time of Disaster

In Maine contact SMART State of Maine Animal Resources Team http://www.maine.gov/dacf/ahw/animal_welfare/smart/index.shtml

In New Hampshire contact DART Disaster Animal Response Teams <http://newhampshiredart.org/>

Animal Bridges

It's a known fact that highways fragment many animal habitats. Bridges are designed for animals to safely cross human-made barriers like highways and are becoming increasingly common in Canada and in some to some degree in the Western part of the United States. In Banff National Park in Alberta, Canada there are 24 vegetated bridges which provide safe passage over the Trans-Canada Highway for bears, moose, deer, wolves, elk, and many other species.

Food for Thought: Preventing Road Kills

Are you concerned about the mounting number of road kills in this country and around the world? The number of unfortunate animals killed in the road each year is well up into the millions, and most is undocumented, as only large wildlife, dogs, and horses are usually reported. Animals like possums, skunks, raccoons, squirrels, porcupines, and cats rarely are.

Sadly, drivers' education students are not taught to drive in such a way that, if possible, they will miss hitting animals in the road. A recent email told of one young girl who swerved to avoid a cat. No vehicles were approaching or behind her and yet the instructor "chewed her out" for taking risks like that! It dissolved her to tears because she then understood that her concern for animals and her teacher's concern were not the same. On a larger scale it clearly shows the differences in the concerns of the animal welfare community and established safe driving rules. Canada and Western Europe have focused on these

concerns far more than much of the United States has and they have come up with some interesting helps for the animals in their roads, which could certainly be beneficial to us and our animals. [Interestingly enough, you will see that the two pictures included here were, however, taken in this country.]

Animal Tunnels

These seem to work well, also, allowing animals to travel under roads to safety on the other side. Henry Street in Amherst, Massachusetts is home to a salamander crossing tunnel. Every spring hundreds of salamanders need to make their way to vernal pools to mate and lay eggs and this helps them to get there without the threat of encountering vehicles.



Photo: uberly.com An animal bridge near Keechelus Lake, Washington, USA

These wildlife crossings prevent numerous roadkills, so why aren't there more? While initially deemed exorbitantly expensive, they are actually cost-effective. In one study, scientists determined that the break-even point for installing a crossing system using underpasses and fencing is 3.2 annual deer collisions per mile. That means that installing a crossing system using underpasses would be a cost-effective investment on any type of road where more than 3.2 deer-vehicle collisions occur per year. However, although crossings can save money in the long run, the initial investment is typically several million dollars, which is an expense

beyond the budget constraints of many state transportation departments. But they can be cheaper. Seeing a need for innovation, a group of scientists, planners, and engineers got together to generate cheaper and more effective designs. Time will tell what their efforts produce.

The ultimate question will be how many people will band together, come up with creative ideas, and raise the money to implement them?

And yet with the potentially beneficial results these barriers could bring to wildlife we still do not have anything in place which could prevent the deaths of companion animals who get onto roads, either because they are strays or they have accidentally escaped from their homes. Efforts are being made to create microchips that can track companion animals, which would greatly help in keeping them safe, but the technology has not at this time been achieved. This is something the animal



Photo: www.fhwa.dot.gov

welfare community will have to spearhead because, as seen above, the Motor Vehicle Department which oversees driver education, its manuals, and its instructors is not at all concerned about their deaths.

This has been included in our newsletter to start a much-needed dialog on the topic. Please send us your thoughts and ideas at voiceforanimals.1987@gmail.com. Let us know what you are thinking.

Shirley Boyce, President of Responsible Pet Care in Norway, Maine documented here the process that she and others had to go through to get a ban on fireworks there:

“A resident and some of her friends approached me, as Town Clerk, to see if I could help them do something about the fireworks in our town. I was not happy with them either so we banded together. First, we went to the Selectmen to ask to create an ordinance. They refused because they didn’t feel there was a huge problem, so we had to create our own ordinance. We copied ours from one that Auburn,[Maine] had and then we had to get the required amount of signatures to force the selectmen to put it to a vote. There had to be a public hearing before they could hold the vote and they wanted it to be on a ballot. (They could have just had a special town meeting for the vote but they did not choose that path.)

If the selectmen in other towns are an agreeable bunch, it probably could be done at a town meeting. Our selectmen were not agreeable to the change, so they made the citizens force the vote by doing the petition and getting signatures, and then they made it a little harder by putting it on the ballot. But we persevered and WON.”



Towns in Maine and New Hampshire that Prohibit Fireworks

Maine

Andover	Mount Desert
Auburn	North
Bangor	Northport
Bar Harbor	Norway
Bath	Ogunquit
Belfast	Old Orchard Beach
Biddeford	Orono
Boothbay Harbor	Portland
Brunswick	Rockland
Burtins Island Village Corp	Rumford
Buxton	Saco
Camden	Sanford
Cranberry Isles	South Portland
Damariscotta	Southwest Harbor
Dover-Foxcroft	Thomaston
Eliot	Topsham
Falmouth	Waterville
Freeport	Wayne
Harrison	Wells
Hermon	Yarmouth
Hollis	York
Millinocket	

New Hampshire

Albany	Madison
Alton	Newington
Berlin	North Hampton
Exeter	Plaistow
Fremont	Salem
Guilford	Temple
Hampton	Troy
Harrisville	Wakefield
Henniker	Weare
Kensington	Wolfeboro



Legislation Updates in Maine and New Hampshire

Maine 2017 Legislative Update

Numerous animal related bills were proposed in the 2017 legislative session and it was wonderful to see how many amazing animal advocates made sure that their voices were heard! Also, the first Animal Welfare Day was a great success with 15 organizations from Maine's animal welfare community coming together at the State House to raise awareness and build relationships with legislators.

We had a huge victory for companion animals by working with the Agriculture, Conservation, and Forestry committee to derail Governor LePage's continued effort to repeal the pet food surcharge, which provides essential funding for the Help Fix ME low-cost spay/neuter program. Instead of simply killing the bill, we turned it on its head by amending it to actually increase funding for Help Fix ME. Not only did we secure a unanimous vote out of committee, but also had enough bi-partisan support to overwhelmingly override the Governor's veto. Despite the resounding support for the pet food surcharge, it won't be surprising if we see one more attacks on it by the Governor in 2018.

On the wildlife front, it was disappointing to see a bill to prohibit the use of elephants in traveling acts fail by a narrow margin. However, local efforts to address this issue are gaining momentum. A collaborative effort by HSUS, Animal Rights Maine, Maine Animal Coalition, and Maine Friends of Animals led to the Portland City Council's unanimous approval in September of an ordinance to prohibit the use of wild and exotic animals in traveling acts. A similar ordinance will soon be voted on in Bar Harbor and we'll be work-

ing on this in additional municipalities throughout 2018.

Other 2017 legislative victories included the defeat of a dangerous ag-gag bill, a harmful bill to basically provide for a potential "free-pass" on cruelty charges, and numerous bills that would have been detrimental to wildlife such as allowing Sunday hunting or the baiting of deer.

Bills carried over for further consideration in 2018 include a right to hunt effort to limit citizens' ability to address wildlife issues at the ballot box, which we will be working to defeat, and a bill to update Maine's dangerous dog law. HSUS has been involved with the Animal Welfare Advisory Council's work to draft language amending the dangerous dog law and will continue to work toward improving the law so that it is effective, enforceable, and humane. A request has been made to allow for a second public hearing on this bill to ensure there is sufficient opportunity for input on this complex issue.

It is so important for your elected officials to hear from you that animal welfare issues matter. So be sure to call, write, and meet with your representatives, as well as attend public hearings to speak on behalf of those who can't speak for themselves.

Katie Hansberry
Maine Senior State Director
The Humane Society of the United States



New Hampshire Legislative Update

Regarding companion animals, we passed an exemption to allow cats who test positive for feline leukemia and feline immunodeficiency virus to be responsibly placed in loving homes. This went into effect on July 1 and since that date six cats have been put up for adoption including *Field*, who is at the Cocheco Valley Humane Society.

Also, Governor Sununu, who has a strong record of animal protection, signed a spay/neuter proclamation to highlight the impact these programs have on reducing pet overpopulation.

Regarding wildlife, at this time no animal protection advocate is allowed on the eleven member Fish and Game Commission because it is required that each Commissioner hold a hunting, trapping or fishing license. We are committed to working on this issue until a solution has been found which will allow us a place at the table.

In response to the Wolfeboro Great Dane Cruelty case and other similar cases over the past year, we have worked with Senator Jeb Bradley (R-Wolfeboro) to draft a comprehensive animal cruelty overhaul bill which has three goals: to address the enormous burden on taxpayers to care for animals seized in cruelty cases; redefine what constitutes a “commercial breeder” in New Hampshire to ensure adequate state regulation and prevent animal cruelty; and allow felony level penalties for cruelty that results in the death of or serious bodily injury to an animal.

*Lindsay Hamerick
New Hampshire Director
Humane Society of the United States*

Up for Adoption

Troy is a 7.5 year old domestic short hair, tuxedo cat. As a stray, he suffered a gunshot wound to his front leg which ultimately resulted in an amputation. In spite of this rough start to life Troy is a socialable, friendly and absolutely lovable boy. In 2016 he was diagnosed with urinary crystals which is controlled with a veterinary diet (Hills CD Stress).

Now, Troy is facing another obstacle. Since his family move and expanded their family, he has had a difficult time adjusting. Although his family hates to part with Troy, they think it would be best if he was in a quiet, adult only home.

He is neutered, microchipped, and current on his vaccinations.

Look at this adorable boy. He just wants a place he can play, relax and snuggle up with his people. Although Troy has never lived with another cat, he has been nose to nose with them through the window and does not seem fazed by them. We believe with proper introduction into a new home with cats that don't mind sharing their space, Troy would do fine. Please email Voice for Animals at in2catz@gmail.com for more information on Troy.



Never Turn Your Back on an Animal in Need

Last year's newsletter documented the rescue of eleven abandoned cats and a litter of kittens. However, after all of these cats were trapped, neutered, inoculated, and adopted, another cat from the group showed up. He had always been in the area but had somehow been missed. He was lonely without his friends and afraid on his own so it was urgent that his situation be addressed immediately.

When he arrived in his foster home he was so terrified he tried to climb the walls of the room in which he had been placed. It was imperative that multiple hours be spent to calm him and earn his trust. Daily, his caregiver did just that, singing to him, calling his name, and stroking him whenever she got a chance.

Ultimately, he came around, shed his fears, and became a cuddly lap cat.

However, because he was still very much afraid

of new people it was decided that he would stay with his foster family and not be put up for adoption. He was named Beaubie because he was beautiful with the sleek colors of a Russian Blue cat. He also purrs out his happiness very loudly and is sometimes referred to as Mr. Purry.

It cannot be forgotten that with all of the rescue successes one did not make it. While a trap was being readied with food to be placed out in the morning he was killed in the road during the night. We will all meet this cat one day at the *Rainbow Bridge* and we can tell him that we cared about him, too.

Shame! Shame! Shame on the people who left these animals behind and never were held accountable for their actions!!!



Voice for Animals' Sponsored Presentation and Protest

Below please find picture of the presentation by Lynne Fracassi, founder of Maine Citizens Against Puppy Mills, at the York Public Library on September 30, and pictures of the protest Kathryn Davis lead on November 4 in Portsmouth..



The Vegan Corner

Corn Pancakes

- 3/4 c corn flour
- 3/4 c rice flour
- 1/4 t salt
- 2 t baking pot
- 1 c soy milk
- 1/4 c applesauce

Chickpea Omelet

- 1/2 T coconut oil
- Saute kale or spinach, red onion, tomato.
- Blend following and add to cooked veggies:
- 1/3 c chickpea flour
- 1/4 t baking powder
- 1/3 c water (add more to thin to desired consistency)

Candy Burrell

VOICE FOR ANIMALS

Voice for Animals

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