

Voice For Animals E-Newsletter

November/December 2012



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Voice for Animals
v4a.org

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**What you can do
to Help**

From the Editor's Desk

Hello everyone and welcome to our November/December winter issue! I hope you are all wrapping up warm!

First of all I'd like to thank those of you who submitted letters to the editor to give your valuable feedback on our articles. Please keep your opinions coming. If you give us permission to, we will reprint your letters in upcoming issues. My thanks also go out to the individuals who sent ideas and information in for future articles - stay tuned next year to see articles on those subjects and keep those ideas coming too!

Secondly, we have a jam packed issue for you! We have an article on pet safety during the holidays with an accompanying picture, as well as a profile of the Duke and Duchess Animal Rescue Society with an associated feature of one of their dogs, Sydney, that they have up for adoption. In addition, we have an article outlining a victory involving the Shrine Circus and a success story relating to an animal rescue named Socks. Finally, just in time for the holidays, we have two tasty recipes that will satisfy any palate. Enjoy! Plus: take a peek at our events section as we have two new events for you to get involved in. Thank-you.

Finally, a recent edition of NBC's *Rock Center with Brian Williams* brought to my attention an issue that I think is very important: the decimation of the orangutan population in the Sumatran rain forests due to illegal and unregulated palm oil harvesting. Palm oil, unfortunately, is an ingredient in many products ranging from a variety of food stuffs (chocolate and candy, processed foods, cereal, and bread - just to name a few) to personal care products (soap, shampoo, etc.) and household items (fabric softener, etc.). In Sumatra, 90% of the orangutan population has disappeared and currently faces extinction. Therefore, I intend to include a detailed article on the Sumatran orangutans' plight (and what we can do to help save them) in the January/February issue. For the time being however, if you are interested in learning more about this topic please check out the following links: [Rock Center with Brian Williams](#) and the [Sumatran Orangutan Conservation Society](#).

Thank-you and Seasons' Greetings/Happy Holidays!

Rebecca Staines

When: Saturday, November 10, 2012

Time: 11:30 am to 1:00 pm

Where: Main entrance to Rexall Place, Gretzky Drive and 119 Ave.

Book Sale Fundraiser:

A long time v4a friend and member who will be moving to New Brunswick at the end of November has decided to sell their large collection of books and donate the proceeds to Voice for Animals. So if you love books and a bargain please make a point to attend. There will also be DVDs and some works of art. As well, we will have refreshments and some delicious vegan treats.

When: Saturday, Nov. 17, 2012

Time: 10:00 am to 5:00 pm

Where: Alberta Avenue Community League. 9210 - 118 Ave. There is lots of parking.

Please keep checking back with us for more details. Thank-you!

Click on the above picture to go to our updated events calendar. Check back often for newly added events/protests!



The animals are lovingly cared for in private foster homes until they are adopted. Maria stressed to me that their policy is to take every possible measure with their veterinarians to save the life of each and every precious soul in their care.

Success Stories

So far the Society has rescued almost 400 dogs and at present has between 25 and 30 up for adoption. Maria told me two amazing rescue stories, both of which involve dogs that have been adopted recently and are enjoying life in their new forever homes.

Sparrow came in to the Society with distemper, a disease that has a 2% survival rate. When she was brought in she was skin and bones weighing about 12-15 lbs, which, for a 5 month old German Shepherd is pitiful. A team of dedicated volunteers provided Sparrow with intravenous and 24 hour care for weeks until she was fully recovered. Veterinarians were amazed at her remarkable journey to recovery! She now weighs in at a healthy 40lbs and is brimming with energy.

The other success story that Maria told me about was London. London was brought in to the Society after having been hit by a drunk driver. Unfortunately, although this was tragic enough, poor London had either been hit again or found herself in a dog fight (it was unclear which) and had to have her leg amputated. Almost immediately, Maria relates, London began

SYDNEY

Why have I not been adopted? Do you know when I go to bed at night I put my paws together and pray someone will adopt me. I drift into dreamland and see myself running, jogging, walking and playing with my new family. They give me lots of hugs and I give them lots of kisses. Oh, how happy I am. Then I wake up and nobody has come to adopt me. Will you be that special family that will answer my prayers and make my dreams come true?

(Duke and Duchess' Note: Sydney is a happy, playful female Boxer mix. She really loves children and gets along well with other dogs. She would do best in a home with another canine playmate and hopefully children).

If you would like to adopt Sydney please contact the Duke and Duchess Animal Rescue Society at (780) 222-3969, (780) 221-9669 or (780) 721-1827 or via email at dukeandduchess@telus.net.

Thank-you for your interest!

wagging her tail, free of the painful appendage. She is now a happy and healthy dog.

Want to Foster or Adopt? Here's the Information YOU Need to Know

If you would like to adopt a dog from the Duke and Duchess Animal Rescue Society the adoption fee is \$280 which includes de-worming, up to date vaccinations, and spaying/neutering. If you require additional information or you would like to foster or adopt one of the dogs you can contact them directly at (780) 222-3969, (780) 221-9669 or (780) 721-1827 or via email at dukeandduchess@telus.net.

The Society's website has a page dedicated solely to providing photographs and biographies of the dogs they currently have up for adoption. Click [here](#) to view it. The website also has albums documenting the Society's past rescues - [here](#).

Additionally, the Society hosts adoption days through select *Pet Smart* locations around Edmonton and *Pet Valu* in Leduc. The adoption days they have for November are the 3rd, 4th, and 17th and the December dates are the 8th, 9th, and 16th. All adoption days begin at 11am. Please click [here](#) to view the current calendar of adoption days and locations.

Finally, if you would like to connect to the Society using social media I have provided their Facebook page link [here](#).

In closing, Maria couldn't

say enough about her wonderful directors, foster homes and volunteers who give their time, energy and love so generously to animal rescue. She said that without them there would be no Duke and Duchess Animal Rescue Society.

Socks Lands On Her Feet

submitted by Tove Reece

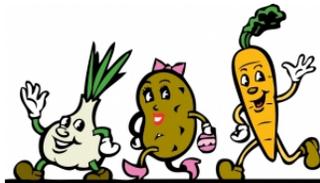
Socks, a beautiful little female kitty, has a story to tell. It is the same sad story of abandonment that happens to so many cats every day in Edmonton. Fortunately, Socks' story has a happy ending because of a lot of caring people.

This little kitty came very close to being dumped by her owner, in a storage bin area. The woman who was abandoning the kitty told Robert, the kind person who intervened, that she had been evicted and couldn't keep her. Robert tried to reason with the woman, but in the end he just couldn't stand by and see this kitty dumped, being completely bewildered by where she was and having no place to go. Robert decided to take her home. He named her Socks.

Unfortunately, Robert was unable to keep Socks forever because he lives in a rented room in a house, is rarely home and was told he couldn't keep her there permanently. Voice for Animals decided to help and sent out a message looking for a foster home. We received a reply from Kate, who lives in Calgary, offering to foster Socks. It now became important to get Socks a vet appointment and find someone to transport her to Calgary. Before any arrangements could be made, Socks gave birth to five kittens.

Thankfully, Kate didn't mind and agreed to take Socks and her kittens. We found transportation to Calgary and the little family was delivered to Kate last Friday evening. Kate is experienced at fostering, having fostered seven reserve dogs, so there is no doubt that Socks and her babies are in good hands. A very cute sidebar - Kate has a cat named Boots. Sounds like it was meant to be.

The last word is from Kate: "Socks and her babies are all settled. She ate a bit of wet food and her babies all were moving around and looked comfy."



Succulently Moist Lentil Loaf

submitted by Marie Staines

How about this recipe from Josh Latham's myvegancookbook.com for your Christmas meal. It is isolated soy free, 100% vegan, free of



Baked Seitan Loaf

submitted by Marie Staines

How about making your own veggie turkey this



VICTORY!

Shrine Circus Decides to No Longer Use Wild Animals

submitted by Tove Reece

"We've Evolved". This poster put out by the Shriners was the first indication that something

hydrogenated oils and tastes great.

(Editor's Note: Having had personal experience with this recipe I know that it stays moist, can be frozen without losing any of its flavour, texture, or moisture, and feeds a number of people at one time.)

Tomato Topping Mixture

1 6oz Can Tomato Paste
1 Tbsp Sugar
1/2 Tbsp Apple Cider Vinegar
1 Tbsp Onion Flakes
1 tsp Garlic Salt

Lentil Loaf

1 Cup Old Fashioned Oats or Gluten Free Oats
1/2 Block Extra Firm Tofu
1 Cup Chopped Onion
1/2 Cup Chopped Green Pepper
1/2 Cup Chopped Red Pepper
1 Tbsp Tomato Topping Mixture
3 Tbsp Plain Yellow Corn Meal
3/4 Cup Cooked & Drained Lentils
1 Tbsp Balsamic Vinegar
1 Tbsp Soy Sauce
2 Tbsp Olive Oil
1/4 tsp Thyme
1/4 tsp Cumin
1 tsp Chili Powder
1 tsp Dried Parsley
1/2 tsp Salt
1 tsp Sugar
1/2 tsp Garlic Salt
1/4 tsp Onion Salt
1/4 tsp Dried Mustard

Preheat oven to 375 degrees.

Mix the tomato topping mixture together first because you will need a tablespoon to mix into the lentil loaf. The rest will be set aside to coat the loaf when completed.

Christmas! This seitan loaf recipe, from *Vegan on The Cheap* by Robin Robertson, is extremely versatile and scrumptiously tasty.

Makes about 2lbs

1/2 cup cooked or canned white beans, drained and rinsed
1/4 cup soy sauce
1 Tbsp olive oil
1 1/4 cups vegetable stock
2 cups wheat gluten flour (vital wheat gluten)
1/3 cup nutritional yeast
2 tsp onion powder
1 tsp garlic powder
1/2 tsp salt

Preheat oven to 350°F. In blender or food processor, combine the beans, soy sauce, oil and stock and blend until smooth.

In large bowl combine flour, yeast, onion and garlic powders and salt. Mix to combine. Stir wet mixture into dry mixture to make soft dough. Knead for 3 minutes, then shape into oval loaf.

Place loaf on oiled sheet of foil and close. Place foil packet in 10" baking pan.

Add an inch of water to baking pan and tightly cover entire pan with foil. Bake until firm, about 1 hr 45 mins.

Serve hot, or cool and refrigerate or freeze for

had changed in their organization. We soon learned that this was a reference to the fact that the Shrine Circus would no longer have performing wild animals. The Al Shamal Shriners had moved into the 21st century. The days of elephants balancing on tiny objects and tigers jumping through flaming hoops were finally a thing of the past.

Getting a ban on the use of wild animals in circus performances and other forms of entertainment has been V4A's longest running and hardest fought campaign. We have worked tirelessly to make the public aware that behind the glitter and excitement of the circus, the lives of performing animals consist of deprivation, boredom, loneliness and pain. They endure almost year round travel and a complete denial of anything that is natural for them. To cope with this stress the animals display unnatural behaviours and most die prematurely.

To stop this endless cycle of abuse, V4A has held annual protests, spent endless hours passing out literature and getting signatures on petitions. We convinced the Edmonton Public School Board to stop

Add 1 tablespoon of the olive oil to a skillet on medium heat, add chopped onions, red and green bell pepper and let cook until onions are transparent (about 5 minutes), stirring frequently.

In a food processor chop oats for 5 quick pulses.

Drain tofu well and press with hands until all excess water comes out. In a mixing bowl mash tofu with a fork or use grater to coarsely grate.

In the same mixing bowl combine, cooked onions and peppers, 1 tablespoon of tomato mixture, oats, corn meal, lentils, balsamic vinegar, soy sauce, 1 tablespoon olive oil, thyme, cumin, chili powder, parsley, salt, sugar, garlic and onion salt, dried mustard and mix until well combined.

Spray a large sheet of tin foil with cooking spray to form loaf on, place on cookie sheet. On top and in the middle of tin foil form loaf mixture into loaf that is 2 1/2 inches tall and 4 1/2 inches square. Coat top and sides with tomato mixture (you will probably have some left over to spoon on later).

Cook loaf for 20 minutes, then cover with tin foil and cook for another 10 minutes. After cooking let cool for 10 minutes before cutting into it.

[Check out Josh's website for more tasty recipes](#)

later use. May be chilled and thinly sliced to use in sandwiches and sautés or chopped and diced to use in stews, stir-fries and chili.

handing out circus vouchers to children and twice attempted to get City Council to pass a bylaw banning wild animal acts in Edmonton.

Despite clear evidence that performing animals suffer and their admission that circus profits do not go to sick children, the Shriners kept clinging to their traditions. Finally, with attendance continuing to decline and an undeniable shift in public opinion against the use of performing animals, the Shriners had little choice but to change with the times.

So although this is not a perfect outcome since performing animals are not banned from the City of Edmonton, it is a huge step forward and a victory for the animals and Voice for Animals.

