

SAFE YOUTH

Kids Voice 4 Animals



ISSUE 3 of the SAFE Youth newsletter – for kids who know that animals matter



"FISH HAVE FEELINGS TOO"

Expert claims creatures experience pain in the same way humans do – and should be treated better.

Last year The Daily Mail in London published an article about fish feelings*. The article explains that 'fish feel pain, just like humans'.

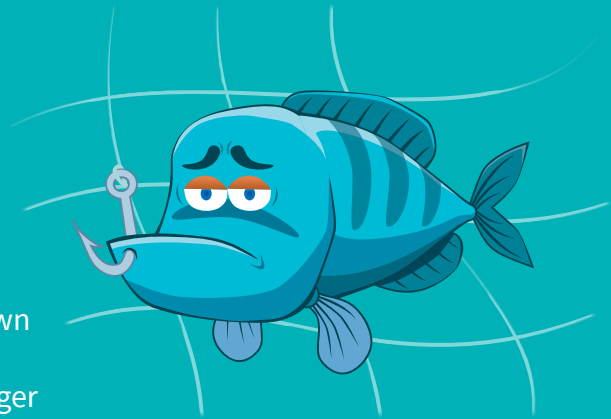
It is a scary thought, is it not? Imagine the feeling of a fish-hook in your mouth dragging you into the ocean? This may very well be what it feels like for a fish caught on a fishing line.

Dr Brown believes that 'fish have the same intelligence as other animals and people should care more for their welfare'. He explains that fish have highly developed vision and smell and

very good memories. Dr Brown has discovered that fish that have been taught to flee danger through a small hole in a net remember this escape route a year later and are able to escape from danger through the same hole without difficulty.

Dr Brown has also found that fish:

- Form friendships (and not just with their own kind)
- Can recognise other individuals and their fish friends
- Teach each other where to find food
- Build nests and hiding spaces under small mounds of stones.



One of the key reasons Dr Brown believes fish feel pain is that when they are hurt or injured their pain is so distracting they cannot carry out normal activities such as feeding. If humans are in pain they are also unable to behave normally – their pain is too overwhelming.

Professor Brown believes that 'we should include fish in our 'moral circle' and afford them the protection they deserve.

*19 June 2014 <http://tinyurl.com/k9pd96w>

SAFE YOUTH ANIMAL HEROES!



Christchurch SAFE Youth member Vincent collected for SAFE with his family during our annual appeal for animals in December. Thanks, Vincent!



Wellington SAFE Youth member Bethany set up a PledgeMe project to start up a Cruelty-Free Kids online clothing store – what a wonderful idea!





LIFESPAN

- The fish with the shortest lifespan is *Sign Eviota*, a tiny coral reef fish that completes its life cycle within eight weeks.



- The oldest fish recorded was a Koi named Hanako. It is reported that Hanako was born in Japan in 1751 and died in 1977. Hanako was 226 years old when she died.
- Most fish probably live between five – 50 years depending on their size and species.

Definition of a fish:
A limbless, cold-blooded, vertebrate animal with gills and fins living wholly in water.

FISH SENSES

- Specialised eyes for seeing underwater
- Excellent sense of smell (sharks are known to be able to smell a drop of blood over a kilometre away.)
- Taste buds on their lips, tongue and mouth
- Ears 'inside' their heads that help with balance
- A 'lateral line' that runs along their body (a group of highly sensitive 'hair cells') that allows them to feel what is happening in the water around them
- The ability to detect electrical pulses caused by contracting muscles or heartbeats of any nearby creature (Some fish such as sharks, rays and skates).

WHEN IS FISH NOT A FISH?

The following 'fish' are not fish at all! Shellfish, cuttlefish, starfish, crayfish and jellyfish are not fish. In the past people thought seals, whales and dolphins were fish but later realised they were mammals.

Nearly 33,000 different species of fish have been recorded.

Source: Oxford Dictionary
<http://tinyurl.com/owtegvk>
Retrieved 19 Jan 2015



LARGEST AND SMALLEST FISH?

There are so many different species of fish it is almost impossible to say exactly which is the largest or smallest but here are some interesting comparisons. The Whale Shark is the largest of all fish types (ray-finned bony, cartilaginous, lobe-finned, lungfish, hagfish, lampreys, spiny sharks and armoured fish). The largest Whale Shark can grow to over 12 metres long and weigh between 20-30 tonnes. (Elephants weigh about seven tonnes).



The smallest fish is the *Paedocypris* from Sumatra. At under 10mm long this tiny transparent fish is also the smallest vertebrate animal in the world. The smallest land vertebrate is a miniature frog from Western India.

FISH CHARACTERISTICS

Fish are generally:

- Sleek, with streamlined bodies
- Covered in scales
- Able to breathe oxygenated water through gills
- Vertebrates (have a backbone and spinal column)
- Finned

A person who studies fish is called an ichthyologist.

Source: FISHBASE
<http://tinyurl.com/ceuw7c>
Retrieved 19 Jan 2015



One of the kindest things you can do for animals is not to eat them. There are lots of yummy recipes without animal ingredients.

You'll never be able to replace the fish in fish'n'chips (although chips on their own are still delicious) but it is possible to make a veg alternative to fish pie. This recipe is a yummy and kind alternative!

VEGAN 'FISH' PIE

Ingredients

2 carrots
1 leek
1 onion
1 cloves of garlic
1 Tbsp flour
1 vegetable stock cube
2 Tbsp nutritional yeast
1 tsp paprika
500ml soy or almond milk
juice of half a lemon
120g oyster mushrooms
¼ nori sheet
200g tofu
50g peas
600g mashed potatoes
vegan cheese
small bunch of parsley
salt and pepper

Directions

Heat your oven to 180c.

1. Prepare your vegetables

Finely chop the carrots, leeks and onion and crush the garlic. In a large saucepan or wide, deep frying pan fry the vegetables in a little oil on a medium heat for 6-8 minutes until they are wilted.

2. Thicken and season

Add the flour, crumble in the stock cube, seasoning, nutritional yeast and paprika and give everything a good stir so it is all combined.

3. Add final ingredients

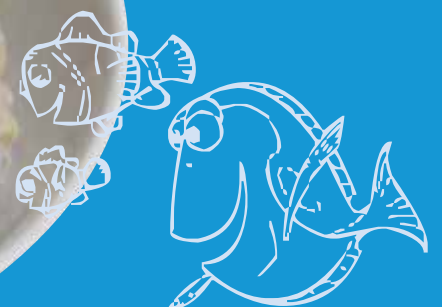
Add the milk and lemon juice, tear off small pieces of the nori sheet and add them with the sliced oyster mushrooms, tofu, peas and chopped parsley. Stir again and lower the heat to a gentle simmer and cook for a further 10 minutes.

4. Prepare and mash potatoes

Boil, drain and mash your potatoes then mix in a strong-flavoured vegan cheese of your choice.

5. Bake

Pour the filling into a baking dish and then top with the mashed potato and bake for 30 minutes until the top is golden and the filling is bubbling away.



ANIMALS IN TROUBLE

We know that about 150 billion land animals are killed for food each year because animal slaughter statistics are recorded. It is impossible to know how many fish are killed each year because fisheries do not count individual fish killed.

They measure their catch by weight. One animal rights organisation (ADAPTT) has estimated that 90 billion marine animals are killed worldwide each year* based on the catch recorded in the United States and United Kingdom.

Commercial fisheries use a variety of methods to catch fish:

LONG-LINES

These are long fishing lines that can contain up to 2500 hand-baited hooks. The lines are dropped out to sea and may run for many kilometres. Buoys are attached to the lines so they float near the surface of the water. The lines are left for many hours before they are hauled back onto the boat so fish can struggle and suffer for a very long time on the hook before being killed. The lines are also known to attract and kill sea birds and turtles.



PURSE SEINE NETS

A purse seine net is a large circular fishing net with a drawstring at the bottom. The purse seine is used to catch whole schools of fish. When the fish are inside the net the drawstring is tightened so the fish can no longer escape through the bottom. The whole net is then dragged out of the water and onto a boat. Thousands of fish are caught at once and non-target fish are often caught as well. Their dead bodies are thrown back out to sea.



GILL-NETS/SET NETS

Gill or set nets are large mesh nets that are dropped into the water with weights at the bottom and buoys at the top. The nets are often called 'walls of death' because fish generally cannot see the fine mesh net and become entangled – unable to escape. It may be days before the net is checked. Many animals other than fish (such as seals and dolphins) have been caught and killed in gill/set nets. The commercial use of gill/set nets has been banned in New Zealand since 2003.



BOTTOM TRAWLING

Bottom trawling involves a boat towing a large parachute-shaped fishing net (called a trawl) along the sea floor. At the top of the trawl is a narrow pointed section, called the 'cod end', where the fish are caught and unable to escape. The net targets bottom-feeding fish and drags along the sea floor. Many countries have banned bottom trawling because of the damage it does to the sea floor. New Zealand Fisheries Minister Jim Anderton supported a global ban on bottom trawling in 2006. Bottom trawling is banned in one third of New Zealand waters.



SLOW DEATH

In all of the fishing methods listed above the fish die slow and painful deaths. When catching fish in such large numbers the fish are generally just dumped in chutes on board and left to suffocate. Non-target fish are thrown overboard whether they are dead or alive.

*<http://www.adaptt.org/killcounter.html>

TIPS TO HELP ANIMALS

There are a lot of ways you can help fish.

1. Hang up your hooks and fish for compliments!

Fishing is a popular pastime in New Zealand but not fun for fish at all! Instead of fishing, why not organise a beach clean-up in your local area? You are sure to be admired!

To learn how to organise your own beach clean-up check out the following link:
Doing a beach clean-up by Ecoevents:
<http://tinyurl.com/ncdz9qy>

2. Go fish-free!

When people decide to stop eating animals they generally start with land animals and birds.

Fish are usually the last to be shuffled off the dinner plate. Make a pledge to love fish – but not their flesh.

3. Avoid fish bowls

Fish bowls are not an ideal environment for fish who are by nature curious and social animals. Also, did you know goldfish actually need oxygen in their water? Some countries have banned fish bowls because they cause welfare problems for fish.

Why goldfish bowls should be banned:

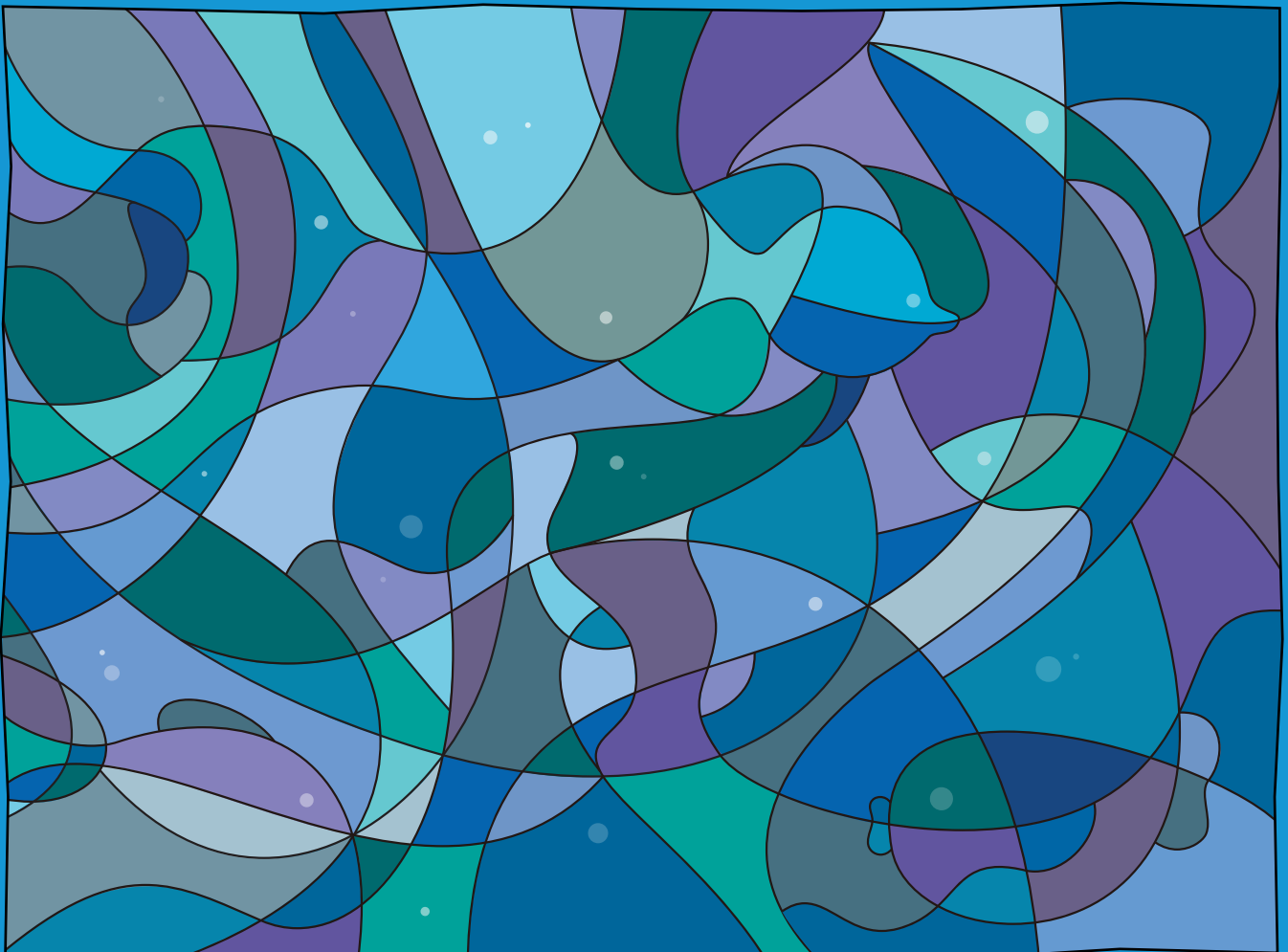
<http://tinyurl.com/kqpx96x>

Note: This link is not written by SAFE.



FISH FINDER

There are six fish hidden in this picture.
See if you can find them all!



SAFE YOUTH MEMBER PROFILE

This is where you can have your letters, pictures, photos, poems and ideas about animals published. Christchurch SAFE Youth member Corey is our SAFE YOUTH member profile this time.



Name:	Corey Robson
Hometown:	Christchurch
Age:	10 years
Favourite animal:	Dogs

What got you interested in wanting to help animals?

I have been collecting with my mum for a few years now when SAFE have their annual appeal. I also want to help because some people are so cruel to animals.

What animal issues upset you the most?

The chickens in the cages and the pigs in the crates. They look so sad.

What's your favourite veg food?

I love Fry's meat-free, pepper steak style pies and also my mum's Vegan Bolognese.

Anything you want to share about animals?

I love animals and feel they deserve to have a good life.

HOW TO JOIN the Safe Youth Group - Kids' Voice 4 Animals

The SAFE YOUTH GROUP is open to children aged between 8-14 years. If you would like to join the SAFE YOUTH GROUP - KIDS' VOICE 4 Animals – fill out the form below and send to: Nichola Kriek – Education Officer, SAFE, PO Box 13366, Christchurch 8024. We will send you three newsletters per year and keep you up to date with any SAFE Youth events.

Name:	
Date of birth:	
Street:	
Suburb:	
City:	
Phone number:	
Email:	

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