

SAFE YOUTH

Kids' Voice 4 Animals



Issue 5 of the SAFE Youth newsletter – for kids who know that animals matter

Welcome to Issue Five of the SAFE Youth newsletter.

This issue is all about cattle. You have probably seen plenty of dairy cows quietly grazing in paddocks as you travel through the countryside. It's unlikely that you will have seen any of these mothers nursing their calves, as dairy farmers remove the baby calves from their mothers soon after birth: "Why?" you may ask.

In this issue we will answer this question and learn about the secret lives of cattle. Moooo!

ANIMAL
PROFILE

CATTLE

LIFESPAN

Cattle can live between 18 and 25 years. They are divided into different categories dependent on age:

Cow	Female over two years of age who has had a calf
Heifer	Female under two years of age who has not yet had a calf
Bull	Entire (uncastrated) male over two years of age
Steer	Castrated male under two years of age
Calf	Animal under one year of age



CHARACTERISTICS OF CATTLE

Cattle belong to the family Bovidae. They are herbivores and ruminants which means they only eat plants and are able to regurgitate (bring back up) their food and chew on it - this is known as 'chewing the cud'.



CATTLE BIOLOGY

UDDER

Female cattle have one udder divided into four quarters (each with a teat) for nursing their calf. When the calf has finished drinking from one teat he or she will move to the next one until they have had enough. If one quarter/teat of the udder is empty there will always be another available for feeding the hungry calf.

CLOVEN HOOVES

Cattle are ungulates which means they are mammals with hooves. Each hoof is divided into two parts (cloven means split). Cattle are heavy animals who spend a lot of time on their feet – so their feet need to be very tough. The hard hoof is made of the same material as your fingernails.

HORNS

Horns are used as defence from predators and when fighting for dominance within the herd.

EYESIGHT

Cattle are prey animals and their eyes are on the side of their head so they can see from all angles (360 degrees!).

SMELL

Cattle will avoid places that smell of blood and urine.

EMOTIONS

Dairy calves and their mothers have been shown to suffer from depression and emotional distress when separated at birth.

MILK

Growing calves can drink up to 12 litres of milk per day.* Farmers take up to 40 litres of milk from each dairy cow per day.

*Human babies drink between 500 – 900mls per day.

CALF GROWTH

Calves grow in weight between 700gm – 1kg per day.*

*Human babies grow in weight between 20 – 28gms per day.

HUMANS AND CATTLE

Hunted and drawn

Cave art from over 25,000 years ago shows hunting scenes with humans chasing cattle, deer, horses and mammoths. Some of the artwork just depicts the animals and shows us how important and visible these animals were in early human societies.

Owned

Cattle were one of the first types of animal to be domesticated (tamed and raised) by humans (over 9000 years ago). Cattle were farmed and killed for their meat, leather and milk. They were also used as a form of labour (pulling carts and ploughs). They were one of the first forms of 'property' and were regularly traded. The word 'chattel', which means 'personal possession', originated from 'cattle'.

Peaceful future?

Animal rights activists do not think animals 'belong' to humans. Animal activists believe all animals have the right to lead peaceful lives, free from suffering caused by humans.



ANIMALS IN TROUBLE

In New Zealand we farm cattle for meat and milk and kill around 4.5 million cattle each year. Half of these animals are baby calves only a few days old.

DAIRY

You may not realise while you are drinking a glass of milk or eating a slice of cheese that you are causing animal suffering. New Zealand farms over 6.5 million dairy cows for milk production. In order to produce milk for humans to consume each cow must give birth to a calf. A cow's pregnancy is about nine months (the same as a human). Soon after the calf is born they are removed from their mother. The mother will frequently chase after the farmer and bellow for her calf. The baby calves are separated from the herd and in most cases sent to the slaughterhouse. The mother goes straight to the milking shed. She will produce the milk intended for her absent/dead calf for about 300 days. About 60 days after giving birth the cow will be reimpregnated. About a year after giving birth to her first calf she will give birth again. This way the farmer ensures she is always producing milk.



TIPS TO HELP ANIMALS

The most important way you can help cattle is to stop eating beef and dairy.

1. CUT OUT MEAT!

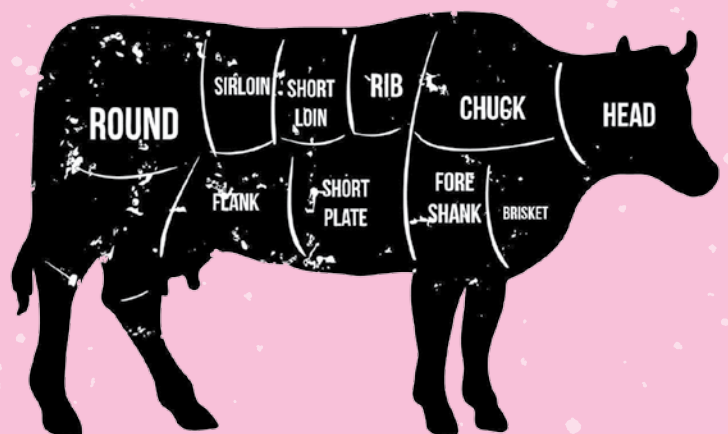
The meat industry literally 'carves up' animals into different meat cuts. You can save lives by cutting animal flesh out of your diet. Over 4.5 million cattle are killed in New Zealand each year.

2. DROP DAIRY FROM YOUR DIET

Cows' milk, cream, cheese, yoghurt, ice cream, sour cream, cream cheese – all these dairy products sound innocent but come with an ample serving of animal suffering. Each year in New Zealand two million baby calves are killed as 'waste products' by the dairy industry.

Dairy substitutes – there is a lot of choice!

Milks (soy, almond, oat, coconut, rice); soy cheese, soy ice cream, coconut ice cream, soy yoghurt, coconut yoghurt, soy cream cheese.



Cattle are more than body parts for human consumption. Cattle are sensitive, gentle animals who live in herds and form lasting relationships. They often lick each other as a sign of friendship.

Our 'Kind Food' recipe on page 4 provides an excellent meal alternative to meat and dairy.



KIND FOOD

One of the kindest things you can do for animals is not to eat them. This issue's recipe comes from 10-year-old Clara Donne. Clara has just written and published her own vegetarian cookbook called *Clara's Cookbook*. Clara says in her cookbook, "We should respect animals like our families. We don't have to kill animals to live a happy life". Thank you Clara for allowing us to adapt this recipe for SAFE Youth, so that it doesn't use animal products.



KIDS' SPICY DHAL (adapted from *Clara's Cookbook*)

Not very spicy – add less chilli powder if you don't like it hot – a yummy, satisfying comfort meal.

Nutrition: iron, vitamin C, protein

Gear out: chopping board, sharp knife, big cast iron pot or pan or big pot, tin opener, measuring cups

You will need:

- 2 Tbsp vegetable oil
- 1 onion
- 1 tsp cumin
- ¼ tsp chilli powder
- 1 cup brown lentils (or one can lentils)
- 2 Tbsp tomato paste
- 1 can tomatoes
- 1 can red kidney beans, rinsed
- ½ cup soy or coconut cream or soy or coconut yoghurt
- ¼ cup fresh chopped coriander

Carefully cut up the onion.

Fry onion in the oil until it goes a bit see-through and soft, but keep the heat low so it doesn't burn. Add the cumin and chilli powder and stir around. Don't touch the chilli powder – it stings if it gets in your eyes.

If you are using dried lentils: wash lentils in a sieve under the tap, keeping an eye out for any little stones.

Put dried lentils and a cup of water in with the onion and cook for 10 minutes. Then add tomato paste and tinned tomatoes.

Leave to cook slowly for 30 minutes until the lentils aren't hard in the middle. Keep an eye on

your brew, as you will probably need to add a bit more water as the lentils soak up the liquids. Stir now and again.

If you are using tinned lentils: add drained lentils, tomato paste and can of tomatoes to onions and cook for 10 minutes. For both types of lentils: add the drained kidney beans and the coconut cream or soy yoghurt, and cook for another 10 minutes.

Mash dahl lightly with a fork or potato masher to make it a bit thicker. If you are adventurous, add the chopped fresh coriander, and a little salt and pepper.

Serve with rice and your favourite veges.

NOTE: While SAFE promotes recipes with no animal products, we congratulate Clara on her beautiful cook book and hope that it will inspire other kids to consider taking up a more compassionate lifestyle too.



JOIN the DOTS



Can you join the dots to find this mother and baby? It's a moooving picture.

HINT: when you come to a dot with a white centre, that's the end of a line. Find the next number and start a new line!



SAFE KIDS FOR ANIMALS

This is where you can have your action for animals recognised.

LILY (12) CHRISTCHURCH

SAFE Youth member Lily and her friends at Cobham Intermediate chose SAFE as the charity they wanted to support as part of their community project. Over the past four months the girls have raised an amazing \$564.90 for animals. They sold 175 sausages during a vegan sausage sizzle and also managed to hold a multi-day for SAFE as well. Nice work!

MEIA (6) HAMILTON

Meia and her mother handed out leaflets about veganism at Waikato University and helped with a SAFE collection at PAK'nSAVE. Thanks Meia!

KOWHAI (10) CHRISTCHURCH

Kowhai wrote a speech about zoos at school. This is part of what she said:

People take over other animals' wild habitats. Then we force them into zoos. When people go to a zoo they gawp at animals and try to throw rubbish into cages. Would you rather be in a cage or exploring in wild life?

It's great to see our SAFE Youth members speaking out on behalf of animals in zoos!

MAJA (11) AUCKLAND

Maja has been busy speaking out for animals. She was invited to speak at the local Rotary Club in Mangere about factory farming (after they saw a video of her speaking out about cruelty to sea creatures). Maja also won the factory farming category in the Vegetarian Societies' film competition! Watch it here! <https://vimeo.com/137047185>

HUNTER (7) Auckland

Hunter has been helping collect signatures for the rodeo petition. He took the petition to his school and talked to his classmates about the harm done to animals in rodeos. He also helped his Dad collect signatures during the weekend while dressed in a cow suit. Looking good, Hunter!

If you have fundraised for SAFE and the animals you may wonder how to get the money to us. This link tells you how. Thank you!

<https://community.safe.org.nz/getting-money-to-us>



Lily



Meia



Kowhai



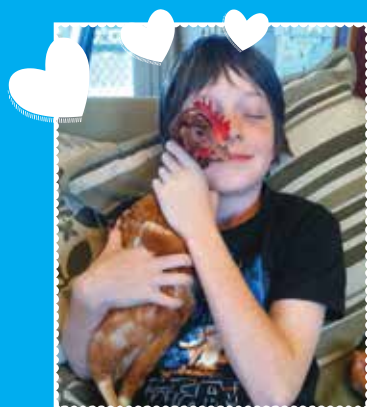
Maja



Hunter

SAFE MEMBER PROFILE

Cambridge SAFE Youth member Joshua is our SAFE YOUTH member profile this time.



Name: Joshua Allen

Age: 9

Hometown: Cambridge

Favourite animal:

My favourite animals are chickens. I especially love roosters. I have a Pekin bantam rooster called "Fluffy". He is my favourite rooster and we have a cuddle most days.

What got you interested in wanting to help animals?

When we rescued our first ex- battery hens and some unwanted roosters, I learned about what life was like for them and it made me really sad. I decided then that I never wanted to eat chicken again. We never bought caged eggs, which made me happy. All our chickens live happily with us until they die naturally. We don't have chickens for their eggs; we just love having them as pets. We give most of our eggs away to family and friends and we talk to them about caged chickens.

What is your favourite veg food?

My favourite vegan food is blanched vegetables. I especially love broccoli, cauliflower and beans.

I help mum blanch them and we put them in a salad. I sneak extra broccoli off my mum's plate when she isn't watching! I also like a nice, mild vegetable curry - I always lick my plate clean!

Anything you want to share about animals?

About a year ago I had a rooster that we had from a baby, his name was "Cutie" and I loved him, he was my favourite. I had raised him from a chick. One morning while I was eating my breakfast I saw a dog come on to our property and run for our chickens. Cutie protected them and got attacked. My mum had to take him to the vet to be put down. I had to have the day off school because I was so broken-hearted. I still think about him all the time and I feel sad that his happy life was ended so sadly. He inspires me to help chickens and roosters to have the happy lives they all deserve. I didn't like dogs for a long time after that, but with help from my mum I was able to forgive the dog that killed my rooster, and now I'm okay about dogs again. What made me really sad was that the man who owned the dog never said sorry. People think, "They're only roosters, who cares?" I care because they are God's precious creatures who deserve to be loved and to have good lives just like any other creature.

HOW TO JOIN THE SAFE YOUTH GROUP - KIDS' VOICE 4 ANIMALS

The SAFE YOUTH GROUP is open to children aged between 8 and 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:	

Nichola Kriek – Education Officer
SAFE
PO Box 13366
Christchurch 8024
Ph: 03 379 9711
Fax: 03 374 9290
Email: nichola@safe.org.nz
www.safe.org.nz

