

ANIMAL BITES

INSIDE THIS ISSUE

- Cow facts
- Meet rescued Sirius
- Amazing actions for animals

+ HEAPS MORE!

HAVE YOU 'HERD' THE LATEST NEWS?

Learn all about what
makes cattle so amazing

Animal
Squad

ISSUE 18
AUTUMN 2020

safeanimalsquad.org.nz

ALL ABOUT CATTLE

Cattle are marvellous creatures. They are sentient beings, which means that they have thoughts, emotions and feelings. They are sensitive, curious and form strong bonds with other herd members. Some will even groom one another and babysit each other's calves. Mother cows will jump fences to search for their missing calves.



HOLY COW!

Did you know that many people around the world worship the humble cow? It is forbidden to slaughter these animals in many parts of India and Nepal, where many cattle roam free and can hold up traffic and trains!



There is no such thing as a male cow

That's right! Cattle have different names, depending on their age and gender.

Cattle

A term that refers to all ages and genders

Cow or heifer

Adult female

Bull or steer

Adult male

Calf

Any gender under one year of age

RESCUE ANIMAL PROFILE

Name: Sirius

Age: 8

Breed: Holstein-Friesian

Hobbies: Sunbathing, hanging out with friends, eating greens, watching roosters

Best friends: Iris and Struan (also rescue cattle)

My story: I was born on a dairy farm and taken away from my mum when I was only a few hours old. The dairy farm had no use for me and the other newborn calves, and we were going to go to a slaughterhouse. Luckily, a kind person rescued me and took me to an animal sanctuary. My carers were blown away by my good looks – I'm mostly black, with a white heart-shaped spot on my forehead. Everyone gave me cuddles, and the other furry residents all welcomed me.

As a little calf, I had tummy problems – perhaps because I wasn't allowed to drink my mum's milk. The carers at the sanctuary gave me special food, and soon I felt better. These days I love sharing kai with my friends near the rooster orchard. I'm so glad I live here!



Sirius eats a tasty snack

About the sanctuary: The Black Sheep Animal Sanctuary is a safe home for over 200 rescued animals – cows, pigs, sheep, goats, chickens, miniature horses, pigeons, ducks, rabbits, dogs, cats and geese. The carers believe that all animals have the right to be free and happy – just like us humans.



KINDNESS ALERT

For Violet's 8th birthday she asked to sponsor a sheep (whose name is also Violet) at the Black Sheep Animal Sanctuary. How thoughtful!

Directly supporting animal sanctuaries helps rescued animals in need. You can read more about sponsoring an animal on the Black Sheep Animal Sanctuary website or Google an animal sanctuary near you.

theblacksheep.org.nz

COWS IN TROUBLE

DAIRY

Did you know that for a cow to produce milk she must first become pregnant? Mother cows make milk for their babies, and when you were born, your mother made milk for you too! Humans started drinking cows' milk meant for their baby calves over 6,000 years ago.

So, if humans drink the cow's milk, what happens to the newborn calf? Farmers separate the mother from her baby within the first few of hours of the calf being born. This is what happened to Sirius. Unwanted calves (bobby calves) are killed when they are just a few days old. Around two million bobby calves are killed every year in New Zealand, which could have been Sirius's fate had he not been rescued.



LIVE EXPORT

Live export is the sale of living animals overseas. Animals (including cattle) travel overseas on huge ships, and the journey can take many weeks. While on the ship, the cattle live in crowded pens. The waves can make them seasick. The voyage is very frightening and some will die.

Many of the countries we export to don't have the same animal welfare standards we have here in Aotearoa, which means more suffering once they arrive. Cows belong in a field, not on a ship or in a factory farm.



HOW YOU CAN HELP

EAT WITH KINDNESS

Keeping animals off your plate is the best way to show how much you care. Check out the veggie burgers, sausages, nuggets and more next time you visit the supermarket. There are so many delicious vegan options to try!



DITCH THE DAIRY

Unless you are a calf, say “no” to dairy products. Plant milks are much kinder to cows and their babies. Better yet, they taste great too! Try them all to find your favourite!



Let's make live export a thing of the past

Tell our Government, and Prime Minister Jacinda Adern, that you support a kind Aotearoa. Write a letter and let them know that you don't want a future where animals are shipped away to their deaths! Encourage your friends and family to write a letter too!

You can send your letter for free to:

Freeport Parliament
Private Bag 18 888
Parliament Buildings
Wellington 6160



Check out more ways to help animals on our website!

safeanimalsquad.org.nz

My favourite plant milk is made from:

Soy



Almonds



Oats



Macadamias



Rice



Coconut



Cashews



EASY AND DELICIOUS WAFFLES

INGREDIENTS

1 pinch of
salt

2 cups of
flour

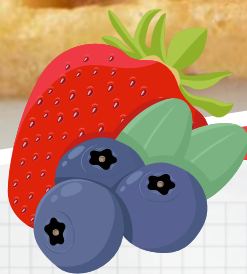
2 cups of
soy milk

$\frac{1}{2}$ tsp
cinnamon

5 tbsp of
oil

2 tsp of
baking powder

$\frac{1}{2}$ tsp of
vanilla essence



Instructions

1. In a bowl, mix the dry ingredients.
2. Add the wet ingredients and whisk until smooth.
3. Pour the batter into a heated waffle maker and cook until golden.
4. Serve with fresh fruit, dairy-free ice cream and maple syrup.

Top tips

- It helps to use a bowl with a lip or spout so you can pour the batter easily.
- Check the instructions for your waffle maker to find out the exact cooking time.

GAMES/ PUZZLES

A-moo-sing jokes

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**How does a cow become invisible?**  
They use cow-moo-flage!

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What do you call a sleeping bull?
A bulldozer!

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**Why did the cow jump over the moon?** To fly through udder space and get to the Milky Way!



Here is Rosie writing letters to help animals. What a star!

## ANIMAL SQUAD PROFILE

**Name:** Roseanna

**Age:** 12

**Favourite animal:** cats and goats

**What got you interested in wanting to help animals?** I grew up as a vegan and learned about animal injustices. I didn't want to just stand there while animals were mistreated.

**What is your favourite vegan food?**  
Margherita pizza and chips

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**"Animals have amazing brains, and you should not underestimate them."**

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Want to feature in an *Animal Bites* newsletter?  
Head to our website for details.  
[safeanimalsquad.org.nz/profile](https://safeanimalsquad.org.nz/profile)

# AMAZING ANIMAL ACTIONS

Check out the things these incredibly kind Kiwi kids have been doing for animals.



**Claire**

I planted some bright pink flowers with easy to get to pollen for the bees and insects in my garden.



**Ava**

I baked vegan cupcakes using egg replacer and oat milk. Yum!



**Roman and Silas**

We planted strawberries and a flower bomb mix to attract bees and butterflies to our garden.



**Kiera**

I baked vegan double chocolate muffins. I really love vegan baking and do it a lot.



**Sophie**

We have three rescue dogs in our family and have fostered and rescued over 30 more. I help prepare dogs for their new homes. By being calm and caring, I help them to relax and feel real love.

## Want to take action for animals, too?

Submit your action and you may be featured on our website or in an upcoming newsletter. Check out the Action Kit on our website!

[safeanimalsquad.org.nz](https://safeanimalsquad.org.nz)

## JOIN SAFE ANIMAL SQUAD

If you are 8-14 you can join for free.

Sign up online at [safeanimalsquad.org.nz](https://safeanimalsquad.org.nz)

Or email [animalsquad@safe.org.nz](mailto:animalsquad@safe.org.nz)

**Animal Squad**



**For Animals**  
Ngā Kararehe Haumaru