

Adopt A Cow!

Key Vocabulary:

- **Colostrum:** The first milk a mother produces after giving birth that is filled with antibodies.
- **Calf:** A baby cow.
- **Dairy Cow:** A female bovine that is used for her milk production.
- **Dam:** The mother of the animal.
- **Heifer:** A young cow who has not given birth.
- **Holstein:** One of the seven breeds of dairy cows in the U.S.
- **Ruminant:** A hoof-footed mammal with multiple stomachs or stomach compartments.
- **Sire:** The father of the animal.

Meet Your Calf, Bluebella!

*A copy of her Registration Paper (birth certificate) will be provided in March.

Name: RJS-FARVIEW BLUEBELLA

Birthdate: OCTOBER 10, 2016

Sire: S-S-I Robust Mana 7087-ET

Dam: RJS-FARVIEW BUTTERFLY



Lesson Idea: "What's in a name?"

Show students how the calf's name provides information about her. In the registered name, the *prefix* — or first part of the name — describes the farm or is the farm name of where she lives. Bluebella lives on Farview Holsteins Farm owned by Robby and Jayne Sebright. Therefore, RJS is the owners initials and Farview is their farm name. *Suffixes* in the name describe other facts about the animal. For example, "Red" means red in color. "TW" means that the calf is a twin. The "ET" that appears in the sire's name means he was the result of an embryo transfer.

Her Diet:

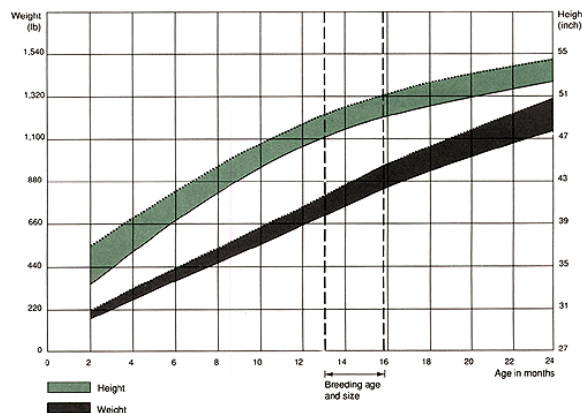
Bluebella is just three months old. When she was first born she was fed colostrum from her mother. This is the first milk a mother gives which has antibodies to boost the calf's immune system. Within a day, Bluebella began drinking whole milk and then was eating a grain mixture by the end of the first week of her life. She also had and still has fresh water in front of her continuously starting the day after she was born.

Today, Bluebella is slowly being weaned off of milk and will soon eat a diet of mostly grain and hay to help her stomach develop properly. Cows, like Bluebella, are what is known as "Ruminants" — which are animals with four stomach compartments. Each compartment allows her to digest hay, grass and other roughage that monogastrics — or one stomach animals — could not digest as easily.

Her Growth & Development:

When Bluebella was born, she weighed about 100 pounds. Now, she is already close to weighing about 200 pounds. At birth, she was about 35 inches tall and will grow about one inch each month in the first four months of her life.

Bluebella will become a mature cow by the time she is two years old. At that time, she should be about 55 inches tall and weigh about 1,350 lbs.



Lesson Idea: "Compare & Contrast"

Compare Bluebella's growth and development to how we as people grow and develop. How big are we when we are born? How long does it take to become an adult? What do we eat during the different stages of our life to aid in our growth and development? Use the worksheet enclosed to help with the exercise.



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Her Dam, or Mother's, Role on the Farm:

Bluebella's job on the farm right now is to grow and develop into a healthy mature cow, just like your primary job is to grow into a healthy and productive adult. Bluebella's "Dam" (or her mother) Butterfly has a very important job — to produce high quality milk for the farmer to sell so that it can be made into fluid milk and dairy products for you and your family.

Currently Butterfly is producing about 80 pounds — or 160 glasses — of milk a day. Each year cows like Butterfly start producing milk after they have their baby. They give milk for about 10 months, before they take a two-month vacation before having another calf. If you add up all of the milk Butterfly will give this year, it will total about 27,000 pounds — or 54,000 glasses — of milk.

Life on the Dairy Farm:

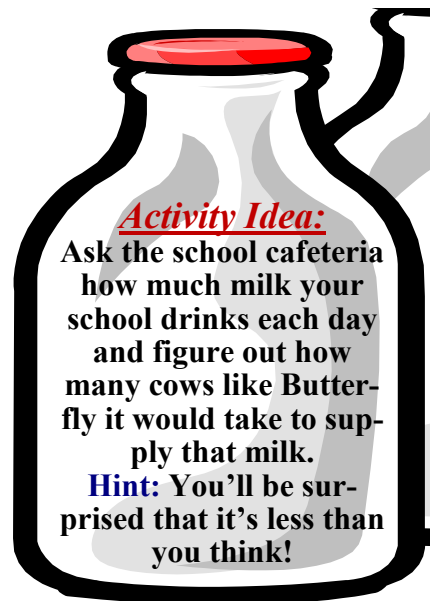
The farmer's job is to make sure Bluebella, Butterfly and their herd mates (the other animals in the herd with them) are kept healthy and content. Not only is it important for their well-being, but it plays a significant role in their ability to grow to become capable of producing high quality milk.

Here is just a couple things that they need to stay healthy:

A well-balanced diet: As Bluebella grows, she will be fed a diet that meets her nutrition needs. High fiber foods like hay and grass will make up a large portion of her diet, with grain added to give her more energy and nutrients. The farmer works with a "nutritionist" to make sure every bite the calf or cow eats is perfectly balanced.

A clean, comfortable place to live: Bluebella sleeps on bedded straw and sawdust, while the mature cows like Butterfly sleep on sand bedded stalls. They stay in well-ventilated, clean barns and have continual access to fresh water.

Regular health care: Dairy animals like Bluebella and Butterfly need regular care. They get annual vaccinations to protect them against diseases, and the veterinarian does regular herd checks to make sure the animals are healthy.



Activity Idea: "Operation Dairy," Go to www.operationdairy.com and play the game to find out more about the care that dairy cows receive on the farm. Explore Sunny Hills Farm to find out how much care and attention the cows receive every day. Hidden throughout the farm are dairy tokens. After earning all nine tokens, you'll win a personalized reward to print off.



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Compare & Contrast

<u>Comparing:</u>	<u>People/Children:</u>	<u>Cows/Calves:</u>
<i>What size were they/you when they/you were born?</i>	Height: Weight:	Height: Weight:
<i>How quickly did it take for them/you to double their/your weight?</i>		
<i>How big will they/you be when they/you are grown up? (Estimated)</i>	Height: Weight:	Height: Weight:
<i>How Long Were They/ You on Milk Formula or Whole Milk for the Calf?</i>		
<i>How Many Stomachs Do They/You Have?</i>		
<i>What Does a Balanced Diet Look Like for Them/You?</i>		

How is a cow's growth and development similar to yours as a person?

How is a cow's growth and development different than yours?

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Top Left: Bluebella was born on October 10, 2016. After her mother cleaned her off, her owners moved her to the calf barn, which is similar to a hospital nursery. In the calf barn, all of the calves stay in individual pens - similar to cribs - so that they can stay clean and healthy. Also, this allows her farmers to take individual, specialized care of her and the other calves who were just born.



Top Right: Meet Bluebella's dam, or mother, Butterfly! Since having Bluebella, Butterfly was moved in with the milking herd and gets milked twice a day. Each taking only takes about 8 minutes and is something that Butterfly looks forward to doing. When she isn't being milked, Butterfly relaxes on her sand bed, has free access to all the food and water she wants and socializes with her herd mates, or the other milking cows.



Bottom Left: Bluebella and Butterfly live on this farm, which is called Farview Holsteins. Located in East Berlin, Pennsylvania, the farm overlooks a beautiful view, which is why it has the name Farview.

Farview Holsteins is owned by Robby and Jayne Sebright as well as their children G.W., Charlie and Eddie.

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Learn about Bluebella!

Top: Just like people, in the wintertime baby calves wear warm coats! While older heifers and cows like the weather best when it is 45-55 degrees outside, new babies need to be kept warm and cozy.

Bluebella's herd mate Twirl is showing off her black and yellow winter coat, which she may have chosen because she is rooting for the Pittsburgh Steelers to make it to the Superbowl!



Bottom Left: While Bluebella sleeps on a clean bed of straw and sawdust, her dam (or mom) Butterfly sleeps on a sand-bedded stall like these. Each day, Butterfly's owners go through the barn and clean her sand and replace it from time to time so that it remains a clean place to lay.

While you may only get to enjoy laying on sand beaches on vacation, Butterfly gets to do so all year long!

Bottom Right: When Bluebella was first born she was fed a bottle of milk twice a day. This milk gave her all the vitamins and nutrients she needed to begin growing big and strong!

Do you see the size of that bottle? Because Bluebella is a bit bigger than newborn babies, each of her feeds was about half a gallon of milk!

Today, because she knows how to drink out of a bucket, she has a constant supply of fresh water and grain so she can eat whenever she wants.

