

ANIMAL WELFARE MAGAZINE

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DONKEY HEAVEN IN SOUTH AFRICA

A Beacon of Hope for Destitute Donkeys

AN AFRICAN TAIL

Learning with The Dog

TRAVERSING THE ANIMAL KINGDOM IN FILM

Films to watch this season

OFTEN OVERLOOKED

Aquatic Animal Welfare in Africa



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HAVE YOU JOINED THE ANAW NETWORK ?

To join or if you need further information kindly contact us on:
Email: networks@anaw.org - Telephone: +254 798 452 625



Objectives of ANAW Network Partners Program

1. Promote animal welfare awareness in society through knowledge, skills and attitude change.
2. Nurture ambassadors with the aim of working towards having a continent where people show compassion, protection, and care for all animals.
3. Foster beneficial public participation in animal welfare programs, activities and events across the continent.
4. Pursue a common agenda that will nurture a culture of advocating for good animal welfare practices.
5. Promote and coordinate information sharing on animal welfare among the partners.

Benefits to ANAW Network Partners

1. Access to a platform to voice common animal welfare and conservation interests.
2. Opportunities to participate in animal welfare and conservation activities/campaigns such as anti-rabies, anti-poaching, desnaring and animal rescues.
3. Opportunities to participate in animal welfare and conservation workshops, webinars as well as the annual international Africa Animal Welfare Conferences <https://www.aawconference.org/>
4. Opportunities to participate in experiential learning trips and excursions.
5. Access to a platform of sharing information, networking, and collaborations.
6. Opportunity to participate in meetings organized by United Nations Environment Programme (UNEP), United Nations Environment Assembly (UNEA), United Nations Economic and Social Council (ECOSOC).
7. Publicity on ANAW's Website and social media pages, where agreed on.
8. Where appropriate, certificates and/or plaques may be issued.

As a partner, you will work with other partners across the continent to become animal welfare ambassadors and animal welfare champions in advocating for the welfare of animals in your countries, organizations, institutions and/or other spheres of influence. You will also initiate, coordinate and collaborate with other partners in planning and implementing animal welfare field activities in their countries, organizations and/ or other spheres of influence.



Partnership Category (Tick):

- Individual
- Corporate
- Institution
- Family
- Civil Society Group
- Student

Name of Organization/Individual: _____

Name of Contact Person and Designation (for registered institutions): _____

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Kifaru House

wilderness trail

Birds, Monkeys,
Bushbabies, Snails
and Trails.

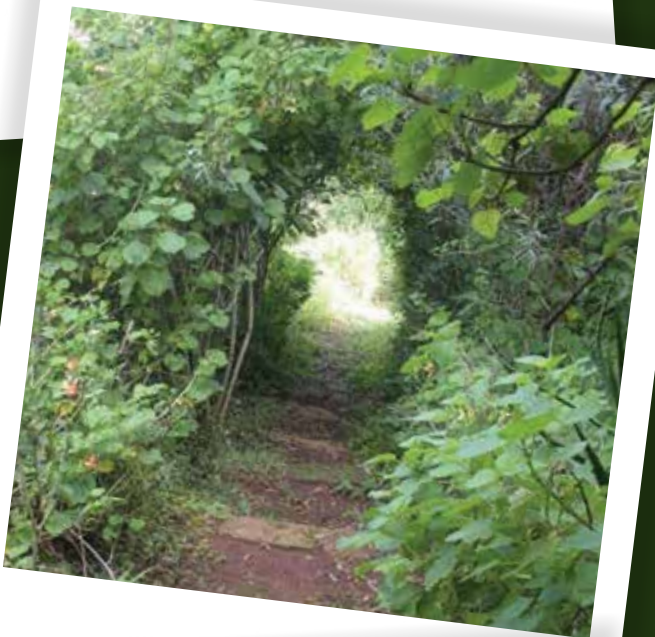
Come join us and take in the outdoors.

Meditate as you explore nature
on brief walks in the trails.

On the five-acre land, the trail winds
down to the creek that runs on
to join the River Mbagathi.

With **Kshs. 500**, you can spend an hour or two in
Karen suburbia and visit with the exciting staff!

Welcome!



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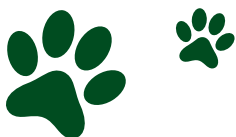
DONKEY HEAVEN IN SOUTH AFRICA

Whatever your religious beliefs, this is a good opportunity to take time to ponder and reflect. Look around you, and become aware of others - especially those less fortunate than yourself.



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AN AFRICAN TAIL



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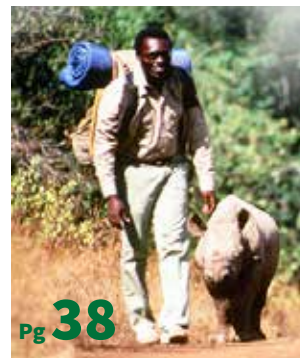
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COVER PHOTO

A herd of elephants at home at Ol Pejeta Conservancy, Kenya.

DISCLAIMER

Views and opinions expressed herein are not necessarily those of Africa Network for Animal Welfare (ANAW) but of individual writers. ANAW does not endorse or guarantee products and services advertised in the Magazine.

Have you felt the need to talk about the important work people are doing in protecting animals? The Africa Network for Animal Welfare provides writers and photographers an opportunity to have their articles, opinions, interviews, profiles and photographs featured in each bi-annual magazine of Animal Welfare. Sharing your work on Animal Welfare will go a long way in enlightening others on the importance of protecting, caring and advocating for animals. If you are interested, you can send your stories and photographs to: communications@anaw.org.

Editorial Note



I waded through the clear shallow waters of the Indian Ocean, hidden behind tall mangrove trees, to find a place to plant the mangrove seedling in my hand before the sun went down. I chatted with men and women of the Msambweni community about the ingenious ideas implemented to raise the livelihoods of the people in the villages and help solve the global crises. We ventured further as we talked about the environmental challenges faced that called on a community-wide effort to grow acres and acres of mangrove seedlings in the nurseries. The lauded efforts demonstrated a positive impact they have made on the animals, people and the environment. It was only fitting that we delve into aquatic animal welfare.

Dark grey clouds of distress loom over our lands as we experience the ravages of the climate crisis seen in the drought and famine that has wracked the continent, adversely affecting and taking away the lives of people and animals. This issue takes us to places where we encounter research, initiatives, organizations and individuals dedicated to tackling the enormous crisis through protecting and caring for animals and the environment. The magazine provides insight and updates on steps that are in place to ultimately contribute to the global effort of conserving the planet.

We are informed of how the 6th Africa Animal Welfare Conference (AAWC) perched down to Southern Africa for the first time since its inception and nestled at Gaborone to communicate recent findings, deliver news, deliberate on solving the tough kinks experienced in the past years and map solutions to the challenges. I invite you to read on to find out more about how Botswana hosted delegates from across the African continent and ensured a successful informative conference culminating in a meeting that brought together members of the Friends of the Resolution.

In this issue, we traverse the continent through various cities, towns and villages to visit organizations and sanctuaries that ensure good welfare of animals in their respective countries. In the semi-desert region of the Little Karoo in South Africa, we meet a spectacular initiative where a safe haven has been created for and is dedicated to destitute donkeys. The donkeys who have come to understand suffering and know pain provide comfort to those who visit the Eseltjesrus Donkey Sanctuary. Find out the ins and outs of how donkeys are cared for and the life that provides a cloud of comfort to human kind and animal kind alike.

We learn about a project, Your Health, My Life, in Tanzania, which is set up to mitigate the adverse use of animal products and end the suffering that farmed animals face. Dogs and cats in the community of Mkalama are vaccinated against Rabies and treated in the implementation of the project in collaboration with the government.

The joy and glee on the faces of children is seen in the KwaZulu Midlands of South Africa as she carried out a fascinating animal welfare model that fosters a natural bond and relationship between human beings and animals. Funda Nenja works to improve the lives of dogs and children through Dog Training Classes! Read on to meet the founder and understand the vital position the organization occupies in caring for humans, animals and the environment.

This issue presents information, research findings, and knowledge on emerging issues in aquatic animal welfare, the misconceptions and wrongful beliefs that aquatic species are not sentient beings. From the oceans, we explore the terrestrial world and bump into the unlikely coupling of animal intelligence and animal sentience in the piece, Two Peas in a Pod.

Vast indicators of environmental destruction, animal cruelty and rapidly dwindling populations of wildlife continue to take place as various countries continue to develop is experienced on all corners of the world. I invite you to actively engage in these and upcoming issues as we deliberate, provide insights, suggest and present solutions and inspire action at the face of these challenges as we go into the new year, 2023.

Now, I welcome you to turn the pages to read about these and more captivating stories, allow yourself to be carried away through the travels, interact with your emotions echoing those of our animal counterparts and once you are done, to give a big hug and cuddle your loving animal friend. Don't forget to scan the code on the cover and find cute digital goodies that you can use throughout the year!

The Animal Welfare Magazine team would like to take this opportunity to wish you, your family and friends Happy Holidays and a wonderful New Year and encourage you to embrace the love, kindness, blessings and happiness that comes with it!

Catherine Chumo

ACKNOWLEDGING ANIMAL SENTIENCE CRITICAL IN ENVIRONMENTAL AND SUSTAINABLE DEVELOPMENT POLICY PROCESS

6th Africa Animal Welfare Conference (AAWC) Takes Place in Botswana

By Catherine Chumo



Group Photo: Some of the delegates of the 6th Africa Animal Welfare Conference - Action 2022

The heartbreaking sight of thousands of animals dying during drought in Africa in the recent years, among other issues, has brought to focus the need to address the environmental crises taking place across the world. The continental animal welfare forum – The 6th Africa Animal Welfare Conference (AAWC) – Action 2022 was deliberately themed, ‘Animals, People, and the Environment in a Rapidly Changing 21st Century’ which was able to shine light to the adverse effects of environmental neglect and unconsciousness through the animal welfare perspective, citing best practices in managing the challenges and providing solutions for policy makers across the African continent and beyond.

The 6th Africa Animal Welfare Conference – Action 2022 which was hosted by the government of Botswana, United Nations Environment Program (UNEP), The African Union - InterAfrican Bureau for Animal Resources (AU-IBAR) and Africa Network for Animal Welfare (ANAW), addressed the issues building up from those discussed in the past conferences. The conference brought together 130 delegates physically and 240 virtually, including government leaders, diplomatic officials and civil society organizations from different countries across the world.

Importantly, the 2022 conference ignited discussions from an array of fields - animal welfare, environment



From Left: ANAW's Board Chair, Prof James Nkansah and the Keynote Speaker, Thabang Botshoma, Botswana's Deputy Permanent Secretary – Min of Agriculture Address Delegates of the 6th Africa Animal Welfare Conference - Action 2022

and sustainable development, cage free campaigns in Africa, donkey welfare, animal ethics and research in science, livestock welfare, religion and animal protection, one health one welfare, animal welfare perspectives of women in agribusiness, animal welfare in museum institutions, industrial livestock farming, animal malnutrition, veterinary training, civil society stakeholder engagement with UNEP, factory farming and climate change, Animal Welfare Strategy for Africa (AWSA), and draft guidelines for incorporation of animal welfare in development cooperation projects.

Thabang Botshoma, the Botswana Deputy Permanent Secretary – Ministry of Agriculture delivering the keynote address to the congregants of the conference, he lauded the theme of the conference terming it both timely and captivating. “..Timely because in this 21st Century, we are witnessing rapid and sometimes phenomenal changes globally, and Africa is part of this change, that must be addressed, now.” “Captivating because, in Africa, like in other parts of the world, immense change is being witnessed in the

areas of technological advancement, infrastructure development, increased industrialization, changing patterns in food production and consumption, climate change and variation, new health concerns and emergence of pandemics such as Covid-19, and concerns about pollution. This requires coordinated efforts from all stakeholders not only in Africa, but globally.” He added.

Mr Botshoma concluded by giving Botswana's commitment to the aspirations of the conference, “Botswana, as a friend of the conference, through the Ministry of Agriculture and other relevant ministries and departments do hereby commit to do all that it is policy wise possible and undertake any necessary actions to accommodate enhanced growth without compromising the integrity of the environment and maintaining good welfare of animals.”

In his welcoming address to the conference, the ANAW Board Chair, Prof James Nkansah opined, “As a network organization, ANAW established the annual



Delegates Keenly Follow Proceedings of the AAW Conference 2022

conference in 2017 to create a premier African platform for animal welfare stakeholders to address animal welfare-related issues concerning Africa.” He added, “The Africa Animal Welfare Conference is based on the premise that animal welfare practice is the best way of reducing the suffering of animals.”

Lauded as the first and largest animal welfare conference in Africa, Africa Animal Welfare Conference (AAWC), it is an annual convention that brings together representatives of animal welfare, wildlife and environmental conservation organizations, NGOs, government officials and government-affiliated institutions, academics, researchers, media, policy makers, legal practitioners, community members, interest groups, development practitioners to discuss, explain and discern current issues affecting the sector. Resolutions

After three days of insightful presentations, lengthy deliberations and profound discussions, the conference drafted some recommendations as the outcome of the conference which will become resolutions upon adoption by key stakeholders. These key recommendations (draft resolutions) of the 6th Africa Animal Welfare Conference (AAWC) – Action 2020 are highlighted as follows:

We would most especially want to relay our gratitude to the Government of Botswana, African Union - InterAfrican Bureau on Animal Resources (AU-IBAR),



The AAWC Patron, Josphat Ngonyo Leads the Conference to a Close

United Nations Environment Program (UNEP). We would like to thank Animal People, Animal Welfare Institute, A Well Fed World, Compassion In World Farming, Lewis and Clark Law School - Centre for Animal Law Studies (CALs), The Society for the Protection of Animals Abroad (SPANa), World Animal Protection, Welttierschutz-stiftung (WTS), and Well Being International who have made it possible for the conference to take place through financial support.



CSO Leaders and Different Government Representatives Engage in AAWC 2022 Deliberations

THERE'S a need to champion the adoption and implementation of better animal welfare policies at local, national and continental level, lobby for better legislation to tackle the issue of factory farming and animal abuse.

THERE'S a need to table a resolution at UNEA that recognizes animal sentience and welfare as an important consideration in developing policies on environment, sustainable development and healthy diets

THERE'S a need, through academic institutions to champion and enhance One Health research in Africa. Focus in promoting the establishment of ethical review committees in Africa that will support animal welfare research.

THERE'S a need to lobby for the formulation of policies and guidelines for animal welfare that are aligned to religious values. Promote the inclusion women in the animal resource industry and push for adoption and incorporation of animal welfare guidelines in development programs and their implementation at national and regional laws for easy follow-up and prosecution of offenders.

THERE'S a need through continued partnership with UNEP to promote civil society engagement in Africa to encourage the betterment of animals, people and the environment.

THERE'S a need to champion the development of policies that promote indigenous wildlife conservation principles promote food systems that embrace a humane and sustainable future as well as channel more funding to animal welfare advocacy in the continent. Develop legislative and regulatory framework on Animal Welfare, sustainable utilization of shared resources and Environmental Health.

THERE'S a need to champion the development of policies and legal frameworks that support animal welfare at national and continental level. Promote evidence-based approach interventions through research and enhance education and awareness on animal welfare to different stakeholders.

THERE'S a need to promote partnerships with governments, humanitarian agencies and CSOs in addressing animals in disaster.

It is hoped that the future Africa Animal Welfare Conferences will report the success of implementing the resolutions, as more organizations in animal welfare, wildlife and environmental conservation, and sustainable development will come on board to work with stakeholders in addressing the challenges faced that affect animals, people and the environment across the world.

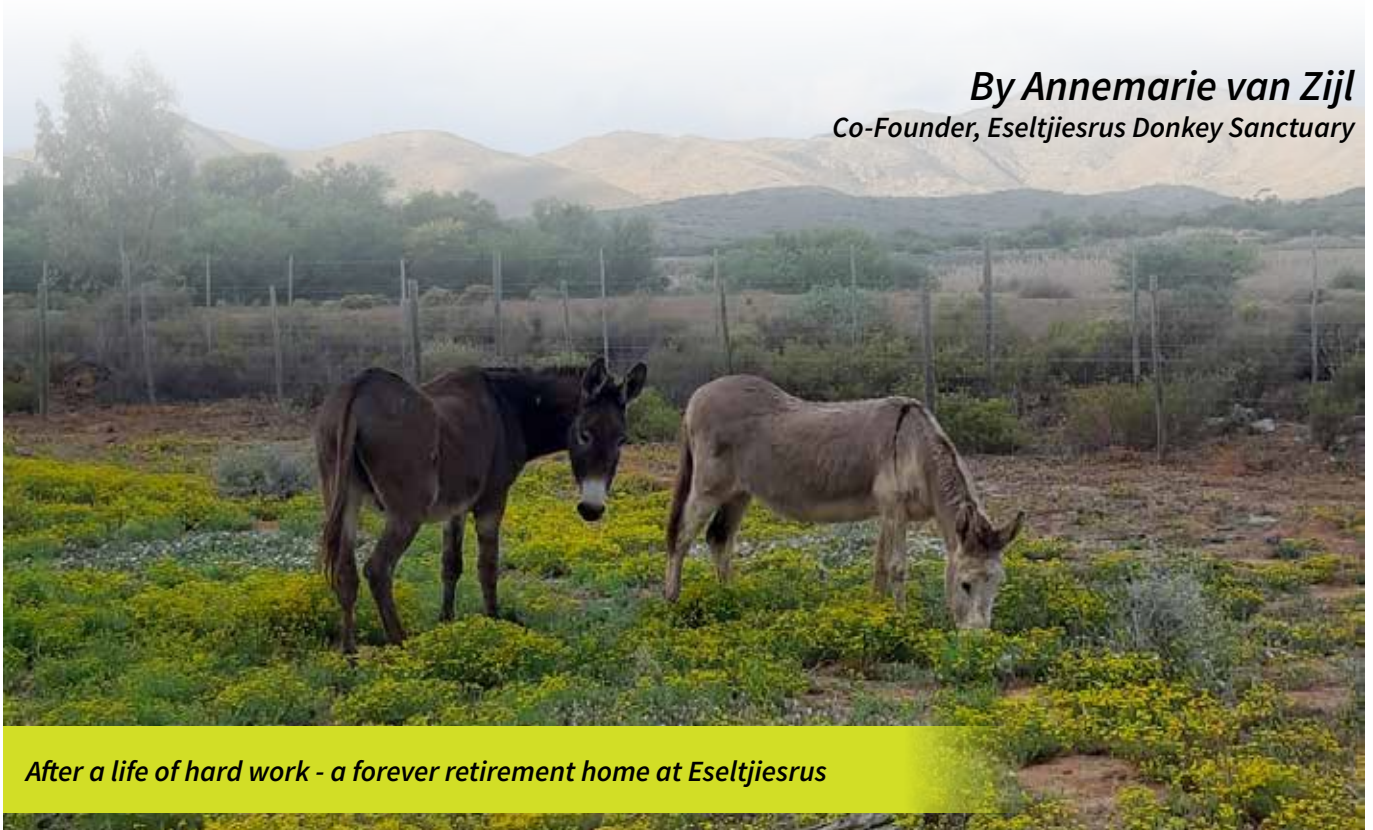


DONKEY HEAVEN IN SOUTH AFRICA

Eseljtjesrus Donkey Sanctuary, A Beacon of Hope for Destitute Donkeys

By Annemarie van Zijl

Co-Founder, Eseljtjesrus Donkey Sanctuary



After a life of hard work - a forever retirement home at Eseljtjesrus

People of many faiths worldwide choose the end of the Gregorian calendar year as a time to celebrate, share festivities related to religions, and generally take time off to rest and reflect. This time is often referred to as the “Festive Season”. Christians celebrate the birth of Christ.

Whatever your religious beliefs, this is a good opportunity to take time to ponder and reflect. Look around you, and become aware of others - especially those less fortunate than yourself.

Donkeys are often associated with Christmas. All faiths honour personality traits that donkeys have in abundance: humility, service and stoicism.

In the normal mindset of people, they carry the heavy burden of negative perceptions and labels: stupid, stubborn, slow, ugly. Anyone who has the privilege of knowing these animals realizes that this is far from the truth. In reality, donkeys are gentle, intuitive and intelligent. They are focused on their own survival, will analyze a situation and react in a way they perceive to be best for their own well-being.

If donkeys feel safe and their needs are honored, they will work diligently and loyally. In poor communities they offer the lifeblood for survival, acting as transport for children to school, sick people to clinics, drawing ploughs for planting and reaping crops and taking produce to markets.

Nestled in the hills of the semi-desert region in South Africa known as the Little Karoo, lies Eseltjiesrus Donkey Sanctuary, outside the village of McGregor.

“Eseltjiesrus” translates as “resting place for little donkeys”. The Sanctuary is a beacon of hope for destitute donkeys, a safe haven providing a permanent refuge and care to neglected and abused donkeys. Here they live out their lives in a stress-free environment, in the company of their own kind with a caring routine and attention to any special needs.

Each donkey comes with its own history and accumulated memories. These influence its behaviors. Some who were rescued from being fattened to be



*Chriswill Jordaan from Eseltjiesrus checking Mindy's eyes.
The donkeys are groomed every day*

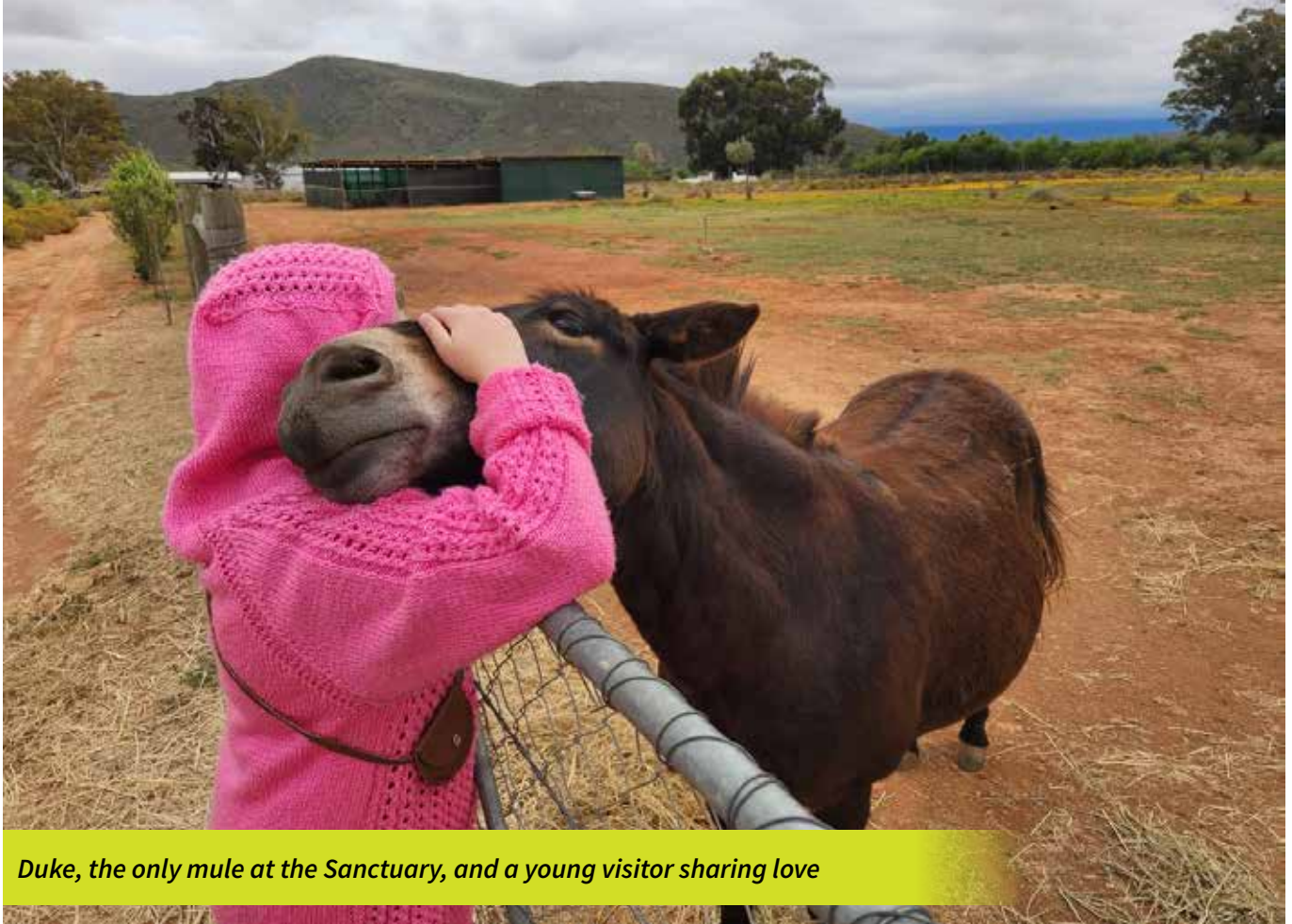
slaughtered for lion food, remain fearful of humans for years. At the Sanctuary they slowly learn to trust, gaining confidence by watching their herd-mates interact with carers. They may still startle at any unexpected movement or loud noise, even years after rescue. One can understand this, thinking

of the horrible scenes they must have witnessed in their previous situation, watching companions rounded up for slaughter.

At Eseltjiesrus the donkeys no longer work for people, they work with people.



Donkeys are curious in nature. They enjoy the company of kind hearted humans



Duke, the only mule at the Sanctuary, and a young visitor sharing love

Often visitors arrive at the Sanctuary tense, hurried and emotionally stressed. When they enter the fields a cloak of tranquility descends, and a particular donkey may approach a person, asking for attention in a gentle head rub. Peace, calm and acceptance prevail. The donkey seems to say: "I too have suffered and experienced pain, but I now know that life can be better. Take courage from me."

Sometimes a visitor may weep while cuddling a donkey as they experience unconditional acceptance and love.

One of the ways of raising funds to cover operational costs is through the virtual adoption of a donkey at the Sanctuary. Supporters choose a donkey and the amount they want to donate. They receive an adoption certificate, history and regular reports on the donkey as well as quarterly newsletters. And of course, people are most

welcome to visit and meet their special donkey. A donkey adoption also makes a unique gift: it always fits, is the right colour and size and you can't have too many, delivered per email so no worries about wrapping, posting or insurance. A most touching interaction occurred recently when an adopter

of the donkey KitKat came to visit him. She is a paraplegic, confined to a wheelchair with limited movement in her hands. We positioned her in her wheelchair in a shady spot in the field, where she was watched from a distance by KitKat and a few of his long-eared companions.

A beautiful song has been produced by the patron of Eseltjesrus, internationally acclaimed artist David Kramer. Titled "Donkey Heaven" it encapsulates the hope and compassion offered by this Sanctuary.

Everyone was very still and quiet. Slowly KitKat's curiosity - or intuition - took effect. He took a few steps towards the wheelchair (a foreign object to donkeys), paused, tilted his head and studied the scenario. Took a few steps closer, paused, tilted his head, and looked. His companions did not approach - unusual as donkeys prefer to do things in groups. Slowly KitKat made his way right up to the wheelchair and gently placed his muzzle in his adopter's hands. She could stroke his lips gently and there wasn't a dry eye amongst the humans. How did he know that this person was special?

“A culture of caring” – for animals, people and the environment.

School and other youth groups are welcome, to enjoy age-appropriate activities, learn about caring and compassion for all living beings, and meet the donkeys. For many who come from abusive homes, it is a rare experience of touching and being touched with unconditional love.

A teacher who brought a group of children who live in a slum wrote:

“Thank you so much for an unforgettable morning. It was so special to witness such beauty - the beauty and tranquility of your farm, your staff and the donkeys. To be in an environment of love and safety is something these children rarely experience.

Their lives are filled with fears - how else if you live in a community characterized by almost all the social evils of this world? During the visit, the donkeys connected closely with the children. Peace reigned in this special environment. The donkeys looked deep into the hearts of the children and brought forth the beauty in each child. Watching, we had tears in our eyes.”

A beautiful song has been produced by the patron of Eseltjiesrus, internationally acclaimed artist David Kramer. Titled “Donkey Heaven” it encapsulates the hope and compassion offered by this Sanctuary. It is available on YouTube at www.youtube.com/watch?v=hIPVLD62YfY Or simply seek David Kramer Donkie Hemel

Sadly, the Sanctuary can never accommodate every donkey in need. Outreach and advocacy are important elements of our activities and advice about donkey care is available all year. Workshops on donkey care and welfare are conducted by Eseltjiesrus in different parts of the country. These training sessions are recognized by the South African Veterinary Council. In this way animal welfare workers, veterinarians and donkey owners become more aware of the nature and needs of the species.

At Eseltjiesrus we never turn away from a donkey. If we are asked to find homes for healthy, younger donkeys, care is taken to find knowledgeable foster homes.

How did this all start?

At the turn of the century, Johan and Annemarie van Zijl retired to McGregor, intending to pass their days relaxing with coffee and crossword puzzles. The local SPCA spotted them with their equine background and asked them to take in two donkeys rescued from a life of toil at the local brickworks. The van Zijls readily accepted the two bedraggled creatures and so the adventure began. Quickly it became clear that there were many more donkeys in similar circumstances, in need of loving care. In addition, the two donkeys became a local attraction for visitors. Donkeys are an uncommon sight in most urban and even rural settings, being invisible workers in impoverished conditions.

The idea of a donkey sanctuary was born and Eseltjiesrus became a registered welfare organisation in 2007. Land was rented and slowly rescued donkeys started to arrive. The first was named Adam – of course. After a few years, the Sanctuary purchased its own property, through tight governance and fiscal control by its Board members.

Currently, 31 donkeys and one mule are cared for at the Sanctuary. Eseltjiesrus Donkey Sanctuary is a beacon of hope - stimulating compassion, gentleness and caring. This piece of heaven is a place of healing for the broken-spirited, donkey and human.

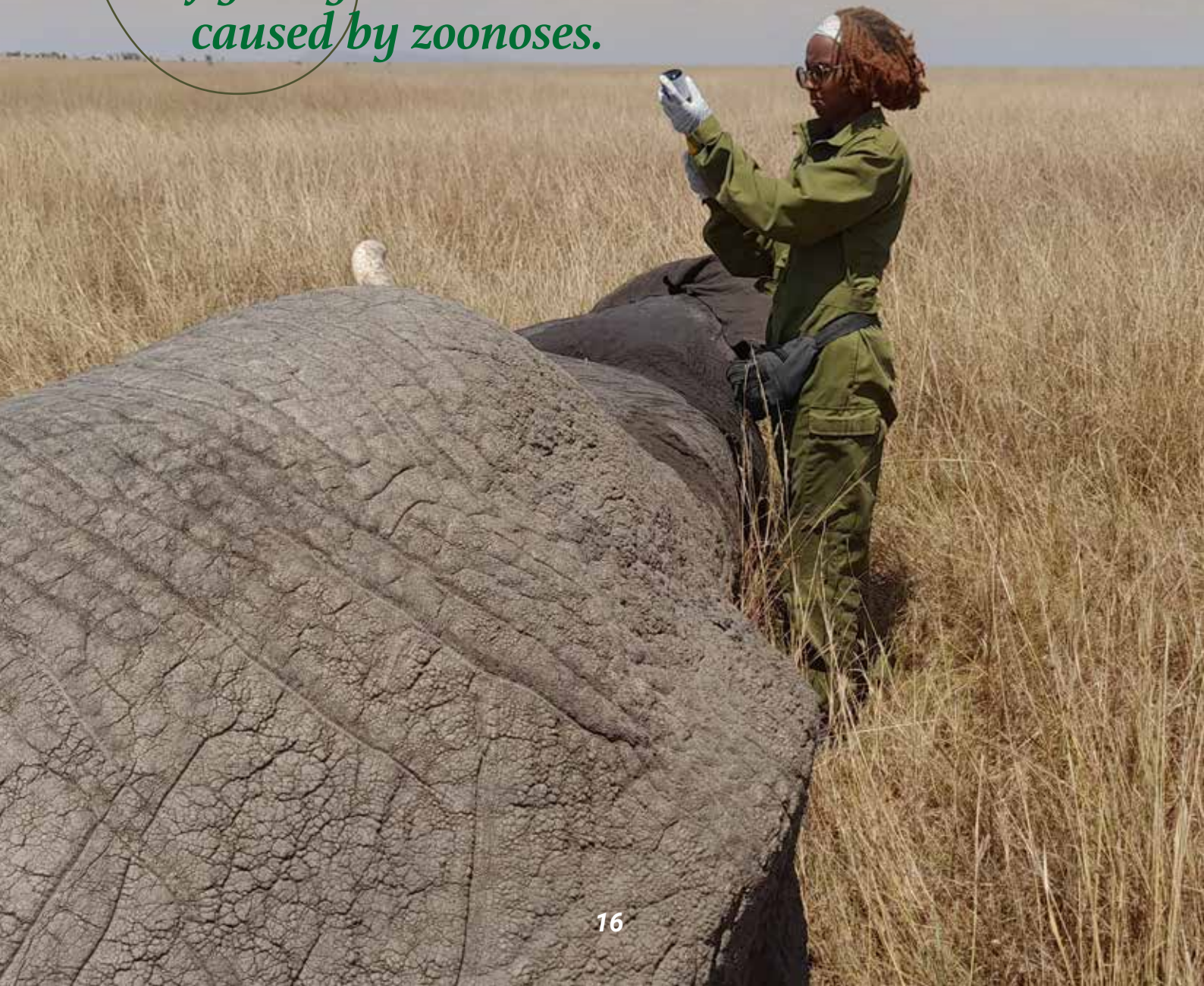
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MARY MUTHONI NYOKABI

A Kenyan Veterinarian in Love with her Camera

Joint efforts from human health, veterinary health and environmental health communities are required in the fight against diseases caused by zoonoses.



Who is Mary Muthoni?

Mary Muthoni is a girl in love with cameras, animals, nature. I am a fourth year Veterinary Medicine and Surgery student at University of Nairobi. I am a nature and wildlife photographer and an enthusiast for animal welfare.

When did you know that you wanted to become a veterinarian?

I realized I wanted to be around animals at eight (8) years of age. I had no thought of becoming a veterinarian, at that time. The only way I knew I could connect with animals was to become a wildlife ranger. It always fascinated my young self {it still does, it is a career I admire}.

I will begin with a short story of where all this began. In my early childhood years, I was brought up in Kajiado County by my grandmother. At that time, animals were everywhere. Wild animals were roaming in the woodlands and lots of cows, goats and dogs as the community is nomadic. I had an opportunity to interact with animals. One of my candid moments is when I used to collect firewood and I would take hours before getting back home. What kept me long was not the firewood. I was busy talking to baby tortoises and the little suni antelopes in the forests. I later transferred to another school called Ngandu in Central Kenya. While in Ngandu, I met one lady from California, USA. Her name was Michele

Burgess {God bless her for me}. She sponsored some field trips to Ol Pejeta Conservancy for a period of three years. I not only fell more in love with the animals but I also made the decision to spend my life in line with animal care.

This was my foundation for the love for animals.

Could you tell us about your education journey?

My education journey began in Kajiado County, at Kaitolioli Primary School. Later I was transferred to Central Kenya where I finished my primary school at Ngandu Primary School.

I passed my final examinations and was admitted to Tumutumu Girls High School. After completion of high school, I was admitted at University of Nairobi to study Veterinary Medicine and Surgery. I am currently in my fourth year of study.

You have had the opportunity to work in the field? How has the experience been like?

I have had experience in field work, all across different parts of Kenya and with different species of animals, both wildlife and domestic animals. Every day in the field is a blessing {for me and the animals am attending to} as I get to have an opportunity to help alleviate their lives from pain. I find internal satisfaction in helping them. This is what keeps me going.



Receiving instructions from my supervisor, Dr. Ephantus Ndambiri. We are treating a giraffe with a wound on the front limb.



Reversing an elephant from anaesthesia



Treatment intervention of an elephant in Masai Mara



Undertaking rabies vaccination in Lamu County

What is your favorite part about working in the animal welfare/conservation field?

It has always been about educating the community on better ways of handling and taking care of their animals. The best part is to see them change and appreciate that the welfare of their animals is an important subject slowly by slowly.

The majority of Emerging Infectious Diseases (EIDs) are caused by zoonotic pathogens. What is your opinion on this and its ties to the One Health Approach?

I have always favored educating the community

on better ways of handling and taking care of their animals. The best part was to see them change and appreciate that the welfare of their animals. The majority of Emerging Infectious Diseases (EIDs) are caused by zoonotic pathogens. What is your opinion on this and its ties to the One Health Approach?

The health of people, animals and the environment are connected and therefore joint efforts from human health, veterinary health and environmental health communities is required in the fight against diseases caused by zoonoses.



Deworming Dogs In Kajiado County



Undertaking clinical work in Lamu County



Wound Management for Animals That have been Injured by Hyenas in Garrisa County



Examining a Cat as we implemented the Mara North Cat Project in Masai Mara

What safety precautions would you give those that work with animals?

- Animals are unpredictable. When working with animals, all your senses should be alert.
- Your safety and that of the animal comes first, Where conditions do not guarantee the safety of both human and animal, abort the intervention and do it later when safety is assured.
- Proper protective dressing is critical due to the increased risk of zoonoses. One can transmit pathogens from human to animal and from animal to human.

You do animal photography. At what point did you realize this is also something that you want to do?

In 2012, when I first visited Ol Pejeta conservancy. I really felt the need to capture different animal moments. That is when my interest began.

What do you love most about animal photography

The challenges, patience and luck required before getting a good photograph makes it all beautiful. Memories I have when I look through the photos later are magical.

Who/What are some of your inspirations.

When it comes to photography, I look up to Austin Stevens. He is a South African-born Australian naturalist, herpetologist, wildlife photographer and documentarian.

In the veterinarian field, I am inspired by Dr Ephantus Ndambiri and Dr. Mukami Rouro. They both from Kenya Wildlife Service. They have been great supervisors in wildlife medicine.

Dr. Therese Hård from Sweden is another person who I look up to. I learned how to attend to cats from her. !

I also admire the work of Dr. Gabriel Ouma of the Small Five Animal Clinic.

Being in a position to alleviate an animals' pain, makes me want to be a practiced veterinarian a thousand life times! This is my daily inspiration.

What do you have planned for the future?

I will be graduating from veterinary school in September 2024. I look forward to becoming the veterinarian who educates the community on better ways of taking care of their animals.

I am interested in conservation and wildlife medicine and I would like to further my studies on these fields when I pursue masters and PhD studies.

I also look forward to acquiring professional photography gear so that I can capture better images as I increase my experience on the same!

You can follow my photography page on social media on Instagram @vet_on.safari

This is one of my favorite photos.

I was at Maasai Mara Game Reserve when I took the photo. At the time, I was undertaking industrial attachment with the Kenya Wildlife Service/Sheldrick Wildlife Trust Mobile Veterinary Unit. On this particular day, we had attended to a case of a snared elephant. We were heading back to camp, when I saw this huge elephant. I took the photo without hesitation.





AN AFRICAN TAIL

Learning with the Dog

by Adrienne Oliver



Funda Nenja loosely translates from isiZulu to learning with the dog and that about sums up the programme run by a unique NPO based in the KwaZulu Midlands of South Africa. Funda Nenja was started 13 years ago with the aim of improving the lives of both township dogs and children, using dog training classes as a portal into the local community.



The idea for the organisation came to founder, Adrienne Olivier, while volunteering at the local SPCA's outreach clinics in the local townships in 2009 and witnessing the inhumane, coercive manhandling of the dogs by the local people due to sheer ignorance. "Being a professional dog training instructor, it made sense to share my practical knowledge with the community and to show people a better way of dealing with their dogs.

The original idea was to run a short- term project during the school holidays, but the response was so tremendous that we extended the programme indefinitely and soon realised the need to register as an NPO."

Today Funda Nenja has developed into a structured organisation with full-time staff, including a social worker and an animal welfare education officer, as well as a dedicated team of community assistants and volunteers who all share the passion and vision of the organisations founding principles of nurturing kindness, compassion, empathy and respect for all life. Adrienne explains, "We follow a One Welfare approach which recognizes the interconnectedness of animals, humans and the environment. Funda Nenja places equal focus on both animal and human welfare and strives to facilitate social change and behaviour while improving the lives of both children and their dogs in the community of Mpophomeni. We focus on the children as they are the next generation and by

teaching them how to handle and care for their dogs humanely, we are investing in a kinder future."

Friday afternoons sees a large number of people and dogs gathering outside Sifiseshle Primary School in Mpophomeni where the NPO is based. An average of 70 children attend the weekly dog training classes where force-free, reward based training methods are used, while many community members support the small dog shop which sells items such as dog kennels, dog food, collars etc. for a nominal price.

Other dog owners seek out the services of the primary veterinary clinic headed by a local veterinarian, with rabies inoculations, deworming and minor ailments being treated for no charge. Lisa Button, the project administrator says "the impact of our outreach work has had far reaching effects as we now seldom see an undernourished, neglected dog and cruelty cases are few and far between." Every dog registered on the dog training programme is sterilised for free thanks to international funding received. A field sterilisation clinic is held monthly at the training venue with an average of 15 dogs being done each time.

Every child registered on the programme receives a home visit by Funda Nenja's social worker and animal welfare education officer to check up the well-being of the both the family and their animals. Social services, such as counselling, food parcels and assistance in applying for state grants, are provided and guidance



These home visits are a vital part of the outreach programme ensuring that the basic needs of both humans and animals are met and enabling a better life for all.

is given on how best to care for their animals when necessary.

These home visits are a vital part of the outreach programme ensuring that the basic needs of both humans and animals are met and enabling a better life for all.

Funda Nenja's ground breaking model of animal welfare has caught the attention of the animal welfare and veterinary community both near and far, having been invited to give presentations at international animal welfare conferences. Kevin le Roux, Chairman of the South African Rabies Advisory Group and Expert Advisor on Rabies in Africa to the World Health Organisation, is a loyal supporter of Funda Nenja and endorses and promotes the organisation's animal welfare model as the "Best community based group ever seen" in all his travels around Africa.

A recent seminar hosted by Funda Nenja in August 2022 saw 40 delegates from all over southern Africa attend with the intention of learning how to implement a similar project in their part of the world. Already one has since been launched in Diepsloot outside Johannesburg, with others hopefully following suit in the near future.

Funda Nenja is inspired by the famous quote of Benjamin Franklin:

***Tell me and I forget
Teach me and I remember.
Involve me and I learn.***

*Learn more about Funda Nenja
at www.fundanenja.co.za
Adrienne Olivier*





OFTEN OVERLOOKED

Aquatic Animal Welfare in Africa

By Prisca Daka



Aquatic animal welfare is an important issue that has been mostly neglected in Africa to date. There are a number of reasons why Africa specifically needs to take charge of this issue, and in this article, we will examine why promoting welfare for aquatic animals in the food system in Africa should become a priority. Aquatic animals are often neglected because of the wrongful cultural belief that they are not sentient and cannot feel pain, in contrast to terrestrial species. Extensive scientific evidence unequivocally shows that fish, cephalopods and decapods are sentient and experience pain, suffering and also positive mental states. Unfortunately, in most cases they are also excluded from protections offered to terrestrial animals.

Aquaculture is the farming of aquatic animals or plants, usually in man-made environments. As populations grow and incomes rise across Africa, there is an increasing demand for fish as a source of protein. Aquaculture is growing rapidly in Africa, and Egypt, Ghana, Kenya, Malawi, Nigeria, Tanzania, Uganda, and Zambia are the countries where the industry is expanding most quickly.

Animal welfare regulations in Africa are not as well developed as in other parts of the world, due to several factors, including the lack of resources and awareness. Another major challenge is that many people in Africa rely on aquatic animals for their livelihood which can make them resistant to any changes that might impact their ability to make a living.

Aquatic animals are often seen as a resource, instead of as individual sentient beings. As such they deserve to live in clean, healthy environments, free from exploitation and cruelty, and to express the behaviors that are natural to their own species. Aquatic animal welfare is also closely tied to environmental protection, biodiversity and reduction of food waste. Therefore, improving conditions for the animals can also have a positive impact on the environment, the fight against climate change, and biodiversity loss.

Taking charge of aquatic animal welfare in Africa is essential. African countries need to work together to develop policies and practices that promote better animal welfare. This will require investment in research and capacity building, as well as strengthened enforcement of existing laws and regulations.

What is Aquatic Animal Welfare?

Animal welfare relates to how an animal is coping with the conditions in which it lives. An animal is in a good state of welfare if (as indicated by scientific evidence) it is healthy, comfortable, well-nourished, safe, able to express innate behavior, and if it is not suffering from unpleasant states such as pain, fear, and distress.

Aquatic animal welfare therefore considers both positive and negative physical and psychological experiences of animals. This is key to maintaining healthy immune systems and minimizing the probability of disease outbreaks. Psychological welfare considerations such as reducing stress, fear and frustration, while providing mentally-stimulating environments, can contribute to improved physical health. In a food production system, like aquaculture, that is highly intensive and often has low animal welfare considerations, the results include poor health, more disease, more antibiotic use, high mortality rates, negative environmental and ecosystem impacts,



and ultimately lower resource efficiency and productivity – the opposite of sustainability. This suggests that a holistic approach to animal welfare must become an integral pillar of sustainable development policies moving forward where intensive aquaculture and fisheries take place. Any corporation or government that is committed to improving sustainability must take animal welfare interventions into account.

Status of Aquatic Animal Welfare Regulations

The status of aquatic animal welfare regulations in Africa is a topic of great importance and concern. Aquatic animal welfare is not a priority in Africa, and as a result, legal interventions for these species have been largely non-existent. This is due to a number of factors, including the lack of awareness of the issue among policymakers and the general public, and the low priority given to animal welfare issues in many African countries. There are many aspects to consider when discussing the welfare of aquatic animals, including their living conditions, food and water quality, health and safety, and more. Unfortunately, due to the lack of adequate regulation in many African countries, the welfare of these animals is often neglected. One major issue that arises from poor aquatic animal welfare is disease outbreaks in aquaculture. When animals are kept in cramped

The Aquatic Life Institute has developed a framework which encompasses the main 5 aquatic animal welfare pillars. These pillars guide our recommendations for the aquaculture industry.

Enriched Environment: In order to express their natural behaviors, aquatic animals must be provided with an environment that meets their species-specific ethological needs in a way which is analogous with how they would prefer to live in their ideal habitat.

Feed Composition & Feeding: Reduce the amount of wild-caught animals required for aquaculture feed by researching alternative feed sources, improving feed conversion ratios, and substituting carnivorous farmed species with herbivorous species. Strive for the most optimal feeding times and quantities and avoid starvation periods exceeding 72 hours.

Space Requirements & Stocking Density: Maintain appropriate space by species and life stage to avoid negative physical, psychological, and behavioral impacts.

Water Quality: Monitor key water quality indicators continuously or at least once a day.

Stunning & Slaughter: Effectively stun all animals before slaughter, minimize the time elapsed between stunning and slaughter to lower the risk of consciousness being recovered.





or unsanitary conditions, they are more likely to contract diseases which can then be passed on to humans. This is a particular concern in Africa, where many people rely on fish as a main source of protein. If diseased fish are consumed by humans, it can lead to serious health issues.

Many African countries lack legislation that expressly protects the wellbeing of aquatic animals. While some countries have laws for specific species, it does not often cover all areas of animal care or is poorly enforced. The Tanzanian Animal Welfare (2008) although it seeks to provide animal welfare protections, it does not apply to animals that are governed by the Fisheries Act and Wildlife Conservation Act (2009), both of which provide limited welfare provisions. As a result, wild animals are not protected by this Act.

Africa has much potential to make positive changes in terms of aquatic animal welfare, but is currently slow on the uptake. The continent has a wealth of resources and people who care deeply about their environment and animals. Therefore, it is no surprise that Africa has been at the forefront of conservation efforts worldwide. However, when it comes to aquatic animal welfare, there are still many areas where change needs to happen urgently.

Other global trends could eventually impact Africa, and should be addressed preemptively. For example, Octopus farms are currently being developed in Spain and Mexico. There are many concerns related to the welfare of these animals in farms as they are solitary

creatures and intensive rearing leads to overcrowding that can cause aggression and cannibalism. These farms also pose a threat for environmental degradation, public health and food security. It is therefore crucial that Octopus farm bans are put in place in Africa before they even start operating. In response to these developments, the Aquatic Life Institute has launched a campaign calling for an end to octopus farming.

Anthropogenic Pressures Faced by Aquatic Animals

There are many issues affecting the welfare of aquatic animals in Africa. These include but not limited to;

Biodiversity Loss: This is a major problem in Africa. It is estimated that over 50% of the continent's wildlife has been lost in the last 40 years. This loss of biodiversity has had a devastating effect on aquatic animal welfare. Aquatic animals are particularly vulnerable to changes in their environment.

They are often highly specialized, so even small changes can have a big impact on their populations. For example, fish that rely on specific types of plants for food or shelter can be wiped out if those plants disappear due to deforestation or other environmental changes. The loss of biodiversity also puts immense pressure on the remaining species. As their habitats shrink and competition for food increases, many animals struggle to survive. Parties to the Convention on Biological Diversity (CBD) will meet in Montreal, Canada, in December 2022 for CoP15, where they are expected to adopt the Post-2020 Global Biodiversity Framework, which includes a 2050 aim of living in harmony with nature. Unfortunately, the implications of biodiversity loss for the welfare of aquatic animals, let alone animal welfare, will almost certainly be ignored at this gathering. To live in harmony with nature, all forms of life must be protected, including animals.

Habitat Destruction: Blast fishing, known variously as dynamite and bomb fishing has been recorded in Tanzania and other African countries. Destructive actions that affect the ecosystem like this are one of Africa's most significant threats to aquatic animal welfare. In addition, wetlands are being converted to agricultural land at an alarming rate, causing displacement and fragmentation of natural habitats. This impacts the species that rely on those habitats

for shelter and food, and disrupts vital ecological processes such as nutrient cycling and water purification. By working together to protect habitats and reduce pollution, we can ensure that these important creatures continue to thrive for generations to come.

Pollution from industrial activities poses another serious threat to African waterways. Heavy metals, pesticides and other toxins can contaminate both surface water and groundwater, posing risks to human health and aquatic ecosystems. In addition, plastic pollution in African aquatic ecosystems has a significant impact on aquatic wildlife. This pollution can cause health problems for aquatic animals, as well as reduce their populations by making it difficult for them to breed successfully.

Climate Change: As water temperatures rise due to climate change, fish are under increasing stress which can lead to disease and death. Aquatic animals are some of the most vulnerable to climate change as they are already adapted to a very specific range of temperatures, and any changes outside of that range can be detrimental to their health. As water temperatures rise, we are seeing more reports of mass die-offs of fish, coral bleaching, and other impacts on aquatic animal welfare. Recurring occurrences of low oxygen levels on Africa's Lake Victoria have been reported to be killing thousands of tilapia and Nile perch due to climate change.

Overfishing: In some areas of Africa, fish stocks are being depleted at an alarming rate due to overfishing. This affects not only the fish themselves but also the entire ecosystem they are part of. Overfishing can lead to a decline in biodiversity and an increase in greenhouse gas emissions.

Faced with these challenges, it is no surprise that aquatic animal welfare is deteriorating rapidly across Africa. These are issues that are very important to the region, and as we work to find solutions, we should not forget about the aquatic animals that also need us to act with urgency.

There is still a lot of work to be done, but the good news is that many organizations and individuals are working towards making positive changes like advocating for better animal welfare laws. The challenge will be how quickly these trends continue growing throughout Africa and how quickly other countries follow suit once their own laws are up-to-date.

It is imperative that aquatic animal welfare be promoted in Africa and more research is needed on the status of animal welfare regulations in Africa. Finally, it is important to raise awareness about the importance of protecting African aquatic animals among both local communities and decision-makers. The Aquatic Animal Alliance is a great platform to promote aquatic animal welfare. Jointly, members have positively influenced seafood certifier standards, and introduced as well as strengthened country level animal welfare policy.

By joining the alliance, you can work together with other organizations to help spread awareness about the importance of protecting our aquatic animals and their habitats. By taking these steps, we can start to improve the lives of millions of aquatic animals across Africa and ensure that they are treated more humanely. No matter how you choose to help promote aquatic animal welfare in Africa, your contribution will make a difference for these amazing creatures. So please take action today!

There is still a lot of work to be done, but the good news is that many organizations and individuals are working towards making positive changes like advocating for better animal welfare laws. The challenge will be how quickly these trends continue growing throughout Africa and how quickly other countries follow suit once their own laws are up-to-date.

TWO PEAS IN A POD

Science Couples Animal Intelligence and Animal Sentience

By Felix Kioko

Recognizing intelligence is one thing, understanding where it comes from is another. Until recently, researchers believed the development of cognitive ability was somewhat unique to our evolutionary lineage, reaching from mammals to primates and finally to us. Now, research calls this hypothesis into question.

Newfound similarities between the structure of our brains and the brains of cephalopods (octopus, squid and cuttlefish), for instance, suggest that intelligence could be the product of convergent evolution — that is, a target that is reachable by any species so long as they are subjected to the right environmental pressures.

Research suggests that intelligence, far from being organized into a hierarchy, is distributed in different ways across the animal kingdom.

A survey from 2020 *Old and New Approaches to Animal Cognition* found that most animals displayed “exceptional skills in single cognitive domains while performing poorly in others.” Chimpanzees, for their part, have better short-term memory than humans, presumably because short-term memory is more useful in the wild, where life-or-death decisions must be made daily and in the blink of an eye.

Dogs too have a short-term memory. This is according to a study cited by *National Geographic* in 2014. However, through training their memory can be improved.

Intelligence is connected to other mental qualities that were long considered to be distinctly human, including sentience and self-consciousness.



They have very good semantic or associative memory. Semantic memory is the brain's way of creating a relationship between two things. It can be difficult to get a dog into their pet carrier, for example, because they associate the carrier with going to the veterinarian's office. On the other hand, a dog sees you holding its leash and excitement builds, wagging its tail sideways knowing it's time for a walk.

The cognitive abilities of dogs go even further than just their ability to learn. As they age just like humans they too suffer from their own form of dementia. In dogs, it is termed Canine Cognitive Dysfunction (CCD).

Symptoms can include disrupted sleeping patterns, loss of spatial awareness, and new and unusual social behaviors. The more active the dog, the less chance of it developing CCD.

Other recent studies suggest that some animals like rats and pigeons are also capable of episodic memory — the ability to recall previous experiences by briefly reliving them inside their minds.

Let's switch over to our little furry

friends, cats. Have you ever wondered whether your cat recognizes your voice? Well, a new study in animal cognition shows they probably do.

Charlotte de Mouzon an ethologist (scientist who studies animal behavior) designed a series of experiments to test how pet cats of various breeds responded to hearing recordings of their owner's voice and that of strangers. De Mouzon conducted one stage of the experiments in the cats' homes, where the animals were comfortable and would respond naturally. At each home, she played audio recordings of both the cat's owner and strangers speaking the same phrases, while video recording the cat's responses.

The cats responded when they heard their owners using cat-directed speech, but not human-to-human speech. They also did not show a response when they heard a stranger's voice, whether using cat talk or adult talk. This indicated that the cats could recognize when their owners were talking to them. It is important to note that the experiment does not show that cats necessarily know what we are saying but it should give cat owners confidence that their pets are likely listening to them.

Intelligence is connected to other mental qualities that were long considered to be distinctly human, including sentience and self-consciousness. Most of the great apes already demonstrated their ability to recognize themselves in a mirror, and so too have dolphins and elephants. In the past, Rhesus macaques were successfully taught to recognize their reflection when they aren't naturally inclined to do so, suggesting that, perhaps, self-awareness is a skill that can be trained.

It turns out that figuring out how an animal feels is even more difficult than figuring out how it thinks. This is well portrayed by Frank de Waal in his book *Mamas Last Hug*.

Studies, driven in part by mounting calls from animal rights activists, concur that all vertebrates are, in all likelihood, capable of experiencing pain due to the similarities in their nervous systems. In the UK, animal welfare sentience laws already recognize all animals with a backbone (vertebrates) as sentient beings.

In recent years thanks to animal welfare organizations invertebrates such as lobsters and octopuses have been added to the list. This is essentially

designed to ensure animal welfare is considered when catching and killing animals for food. Classifying animals as sentient beings generally characterizes them as being able to experience fear, pain, frustration, distress, comfort and joy. If you ask me, all countries should have an animal sentience law and committee to ensure that animal welfare is upheld. But that is a discussion for another day. However, most of these studies have focused exclusively on whether animals can experience negative as opposed to positive emotions, meaning there is still much we don't know about their inner lives.

Sentience and intelligence go hand in hand. An animal can only feel if it has the cognitive ability to do so. As time passes, we are continuously amazed at the level of cognitive complexity that is exhibited by animals. At times, the method to their madness can be difficult to spot, especially when it is obstructed by eons of evolutionary divergence. Modern technology and theoretical frameworks finally allow us to look with some precision, and though the search only got underway a handful of decades ago, we have already discovered more similarities between animals and ourselves than we had expected.



ENGAGE AND EMPOWER

Providing Animal Welfare Solutions for Wildlife Sanctuaries and Rescue Centres

By Nicola Field



Nic - Working in Africa for 30 years.

A sanctuary is supposed to be a haven, a refuge for an animal. Unfortunately, not all sanctuaries are the same. Thousands of sanctuaries and rescue centres around the world, although well-meaning, simply do not meet standards in animal welfare. Often these facilities do the very opposite of what they set out to do for their rescued animals. Some might argue that rescuing an animal to a sanctuary or rescue centre that is better than where they came from is better than nothing. However, there is always more that we can do, and we have an obligation to provide the best possible care for any animal under human care.

Organisations like GFAS (Global Federation for Animal Sanctuaries) help to define and regulate animal welfare standards in sanctuaries by providing accreditation for those facilities that meet standards. However, these are the minority and there is a vast difference between sanctuaries of the highest standards and other facilities that have labelled themselves as sanctuary or rescue centre.

Wildlife found in rescue facilities often have traumatic pasts having been displaced, rescued from entertainment, caught up in wildlife trade or their natural habitat has been destroyed. The issues are complex. Many of these animals present physical, psychological, and behavioural problems. Finding realistic options to meet the needs of wildlife requires a holistic approach that integrates measures that provide sustainable, long-term solutions. Wildlife is at risk across the globe due to multiple



Nic running practical.

issues including human-wildlife conflict, climate change and trade. The global pandemic has only exacerbated this with increased poaching.

Good rescue centres and sanctuaries are crucial in providing care, husbandry and facilities that encourages optimal animal welfare by promoting good health and species-specific behaviour. However, even the best of

facilities face challenges and often animal welfare can be compromised due to limited space, resources, and knowledge. Many sanctuaries and rescue have historically relied on international donations and volunteer support. Because of the pandemic, international volunteer support and indeed charitable donations were much reduced. Further to this, animal welfare is significantly linked to human welfare. Rising costs, climate change not to mention unrest in the world has meant humans are struggling in many parts of the world which has an impact on wildlife and the welfare of the animals found in sanctuaries and rescue centres.

Global Animal Welfare works internationally with wildlife sanctuaries and rescue centres providing support and training for staff.

The focus is very much on providing staff in sanctuaries and rescue centres with the appropriate knowledge that will ensure the welfare of the animals in their care and provide opportunity for wild release where possible. The support provided is bespoke to the facility; considering the context, country, species and what is available locally both in resources and people power to successfully ensure animal welfare whilst providing unique and valuable training opportunities for local staff.



Animal Welfare in Action



Workshops are a Blend of the Theoretical and the Practical

To date we have worked in 3 continents including Africa running workshops that are a blend of practical and theoretical sessions. A range of topics have been covered including species-specific husbandry, nutrition, training, environmental enrichment, health assessments, staff supervision, health, and safety, addressing behavioural problems, integrations, record keeping and animal welfare concepts. Our sessions are evidence based and we draw

upon not only experience but the most pertinent and current animal welfare research.

Global Animal Welfare has also worked in a consultancy capacity, facilitating advice, training, and support by utilising the expertise from an extensive network of professionals.

We have provided support by funding expertise on site at sanctuaries with animal integrations and addressing behavioural issues. Veterinary expertise has been provided by connecting wildlife veterinarians with facilities seeking solutions to specific problems. We have worked collaboratively with other groups and coalitions like Global Federation of Animal Sanctuaries (GFAS), Wild Welfare, European Alliance of Rescue Centres and Sanctuaries (EARS), Africa Network for Animal Welfare (ANAW) and Asia for Animals (AFA) to develop knowledge and promote captive animal welfare.



Significantly with the rapid climatic changes the world is experiencing and the impact the increase in the human population is having on the natural world, Global Animal Welfare is eager to address challenges faced by wildlife sanctuaries and rescue centres by realistic means which includes utilising virtual workshops where appropriate. With this model, the concept is that long-term reliance on international volunteers and staff is reduced or eliminated, providing both job opportunities for the local community and valuable welfare and conservation options for wildlife.

Global Animal Welfare further encourages people to critically consider the animal facilities they visit during their travels. Our experience is that a genuine sanctuary or rescue centres operate with integrity and employ dedicated people who are committed to the animals in their care.

Unfortunately, there are many facilities in the world that operate as a sanctuary in name only. Animal lovers can often inadvertently visit places that are described as a sanctuary and rescue centre but, are facilities that are established to attract tourists, make money and in the process exploit wildlife.

With Christmas fast approaching we encourage everyone to remember wildlife charities. And sanctuaries. The festive season



Nicola Field

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Nicola (Nic) Field is the Co-Founder and Managing Director of Global Animal Welfare, an international NGO building capacity in wildlife rescue facilities and sanctuaries. She lectures in animal behaviour and welfare. Nic is co-chair of the IUCN Captive Bear Expert Team and is a Trustee for Wild Futures, a UK primate welfare and conservation charity rescuing, campaigning, educating and providing sanctuary to primates in need and Animals Asia, UK. Nic has 25 years' experience working with wildlife particularly bears and primates. She is the former Bear & Bear Team Director at Animals Asia's China Bear Rescue Centre, where she worked for 12 years. Nic worked for 8 years as a zoo-keeper with a range of species.

Nic has an MSc in Wildlife Biology & Conservation, as well as Animal Management and Education and Training qualifications and is a Fellow of Higher Education in the UK. Her work in captive wildlife and conservation has involved time in Uganda, Vietnam, Kenya, Ethiopia, India, Jordan, Georgia, Borneo, Cambodia, Canada, and the United States.

is the time for exchanging gifts and sharing good will. Mindful that many people have limited resources this year, we would encourage people to give with meaning. Wildlife sanctuaries and charities offer many opportunities to give, be in kind or financially. Animal adoptions, merchandise, experiences, regular giving and one-off donations can be great ways to support wildlife in need whilst giving meaningful gifts.



TRAVERSING THE ANIMAL KINGDOM IN FILM

Films to watch in 2023

With Sharon Wawira



Racing Extinction

Racing Extinction follows a team of artists and activists as they uncover the hidden world of extinction and the international wildlife trade. It deals with illegal wildlife trade, including the filmmakers exposing a whale meat restaurant in the US and covert undercover investigations of the shark fin and Manta ray gill trade in Hong Kong and mainland China for traditional medicines.



Virunga

In the forested depths of eastern Congo lies Virunga National Park, one of the most bio-diverse places on Earth and home to the planet's last remaining mountain gorillas. In this wild, but enchanted environment, a small and embattled team of park rangers - including an ex-child soldier turned ranger, a caretaker of orphan gorillas and a dedicated conservationist - protect this UNESCO world heritage site from armed militia, poachers and the dark forces struggling to control Congo's rich natural resources. When the newly formed M23 rebel group declares war, a new conflict threatens the lives and stability of everyone and everything they've worked so hard to protect, with the filmmakers and the film's participants caught in the crossfire. A powerful combination of investigative journalism and nature documentary, VIRUNGA is the incredible true story of a group of courageous people risking their lives to build a better future in a part of Africa the world's forgotten, and a gripping exposé of the realities of life in the Congo.

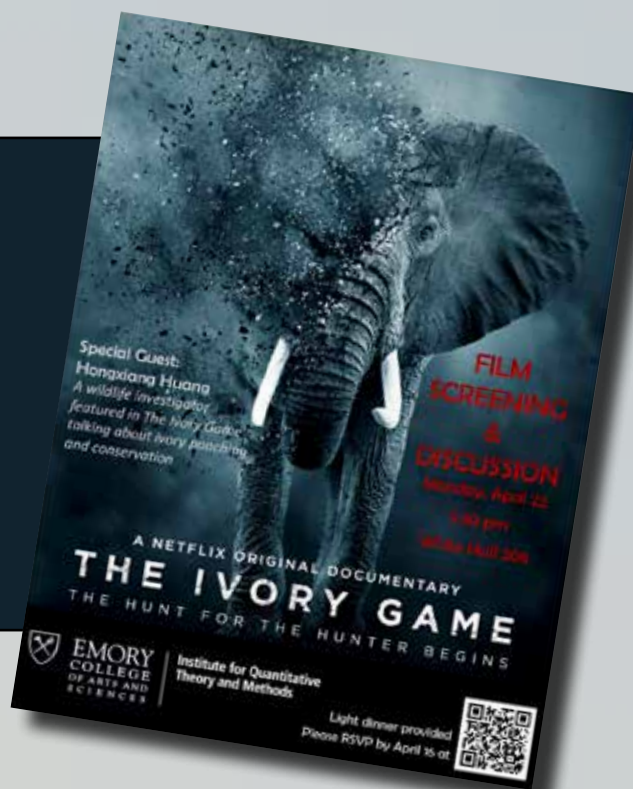


Magic of Disney's Animal Kingdom

A documentary series which takes viewers behind the scenes with the animal-care experts, veterinarians, and biologists at Disney's Animal Kingdom and Epcot's SeaBase aquarium.

The Ivory Game

The Ivory Game examines the ivory trade and examines the poaching of elephants in Africa in order to feed the demand for ivory in China and Hong Kong. Undercover filming exposes the extent of the problem and the documentary warns that if governments do not take action now or in the near future, elephants will face extinction by 2030.



Blood Lions

Blood Lions uncover the realities of the multi-million-dollar predator breeding and canned lion hunting industries in South Africa. This industry is a huge problem and last year alone over 800 captive lions were shot in South Africa. You can read about why Pod Volunteer do not offer projects with lion cubs here. Blood Lions is a compelling call to action and shows how you can get involved in a global campaign to stop lions being bred for the bullet.

THE KENYAN CONSERVATIONIST DUBBED THE RHINO MAN

MICHAEL WERIKHE (1956-1999)

By Shadrack Njuguna

BOTH MAN BIRD AND BEAST

"If all the beasts are gone, man would die from great loneliness of spirit."

Ted Perry

Michael was a serious, bespectacled young man, with an inspired way of talking, a purity, an ideal, and the energy and drive to work hard at making his dream a reality. I liked him instantly, and saw his potential: not only was he dedicated to the survival of the wildlife and specifically rhino, but he was an African, and he did not belong to any organization. Michael's idealism and commitment were precious and rare. He could appeal to people of his own race, to whom finally the destiny of African wildlife was entrusted; he could be their hero, inspire them, speak a language they could understand.

Before setting about to write this article about one of Kenya's greatest son, Michael Werikhe. I did a short survey among my close friends, immediate neighbours and family (specifically the generation born after 1990) on whether they knew of a man who walked to save Rhinos in the 80's and early 90's. The results were shocking, neither of whom i asked seemed to have heard of this man nor his deeds.

Personally, I was not any better up until the year 2021 when i read the book, I dreamed of Africa, authored by Kuki Gallmann. The zeal in Kuki's description of Michael left me with a taste of great admiration and reverential for this nobleman. Herein below is an excerpt of what Kuki wrote:



Image Courtesy of Salim Amin on Twitter



Image Courtesy of The Goldman Environmental Prize

But who was Michael Werikhe?

Born in Mombasa on the 25th May of 1956. Michael was an acclaimed Kenyan conservationist famous for his long distance walk across East Africa, Europe and America. His main goal, was to walk the talk, in creating awareness of the dwindling numbers of Black Rhino population (due to poaching) and other endangered species. Not only in Kenya but also the greater African continent and in the process raised funds for conservation efforts.

As a child, Michael's mother, nurtured his love for other living creatures and by the age of 11 the young herpetologists had an extensive collection in his room of rescued snakes, chameleon and other reptiles. It is even reported that as a student of tender years at Hospital Hill Primary school in Nairobi his affinity for reptiles spearheaded the introduction of pet snakes in the school. This brought about the opportunity for his fellow classmates to be taught how to foster some of his reptiles.

So, where did the pachyderm meet Micheal or vice versa?

The first encounter Michael had with Rhinoceros was sadly that of their illegally poached horns, violently hacked of their skin. As of 1972 – 1975, he catalogued the large store of illegally poached elephant ivory and rhinoceros horn in Mombasa.

It was from this experience of coming face to face with the horrors of poaching and his innate passion for animals that the brilliant idea of conservation was born. At this point, Michael's attention was drawn to the black rhinoceros which he saw as the focus of the threatened wild animals. Theodore Roosevelt once said that, the wildlife and its habitat cannot speak so we must and we will.

With those words in mind and the support of his then employer Associated Vehicle Assemblers (AVA), Wildlife Club of Kenya (WCK), East Africa Wildlife Society (EAWLS),

Michael set off to spread the important gospel of conservation. Using the Rhino as his symbol, the fundraising walks were as follows:

In 1982: Halfway Journey Across Kenya: From Nairobi – Mombasa

On 27th December Michael commenced his walk from Mombasa to Nairobi a journey that was reported to have taken him 27 days to complete. As narrated by Fleur Ng'weno in her article, Michael Werikhe: The Rhino Man 1956-1999 published in the Swara Magazine's, conservation characters segment, "Michael Werikhe walked alone, carrying equipment and two pet snakes to use as talking points with the people he met."

In 1985: Journey Across East Africa: From Nairobi – Kampala, Kampala-Dar es salaam and Dar es Salaam-Mombasa

Little is documented or made available with regards to this leg of his journey in the wider East Africa.

In 1988: Journey Across Europe: From Italy-London

Micheal's journey in Europe commenced in Assisi, Italy to London traversing parts of Switzerland, West Germany and the Netherlands. Along his journey across Europe carrying his message of conservation he met up with various dignitaries. As captured by Fleur Ngweno in her article, Rhino Man, he reminded people not to buy ivory, rhino horn, corals or other souvenirs made from wild animals. He further emphasized when a man dies, another is born. But when a species is extinct, it is forever.

Fleur Ngweno in her other article, Michael Werikhe- Rhino Man, In London and with the support of his friends from Kenya, he set off across south-eastern England, designed in the shape of rhino head. His final destination that crowned his journey across Europe was at the British Museum of Natural History. Among the people who congratulated him was the Prince

Philip (1921-2021) who sent him a personal congratulatory letter.

In 1991: Journey Across North America: From Florida – California

In North America he walked on a discontinuous route from Florida to California finishing at the San Diego Zoo.

In 1993: Visit to Asia

In Asia, Micheal visited Taiwan where he was warmly received. According to the Rhino & Elephant Foundation, Newsletter No. 11 of 1994(April). Michael tried to promote the double message of stiffening the then statutory punishment for rhino importation or rhino trade horn and using substitute ingredients for powdered horn in traditional Chinese medicine.

At the end of his journeys across East Africa, Europe and North America campaigning, Micheal covered approximately 5,000 miles and in the process was able to create awareness of the plight of the African Rhinos. Additionally, he was able to raise funds to enable the study and conservation of rhinos in Kenya. Michael’s conservation efforts led him to win the following awards:

Guinness Stout Effort (1983), David Sheldrick Memorial (1984), Boots Action (1985), EAWLS Conservation (1986), UNEP Global 500 (1989), Goldman Environmental Prize (1990), Eddie Bauer Heroes of Earth – BBC (1991), San Diego Zoological Society Conservation Medal (1991), African Millennium (1991) – posthumous.

Michael believed that conservation solutions would only work with the active participation of local residents. The rural people aware of what was happening within their local area provided the first line of defence against poachers. On this line of thought many conservation organisation across the world have adopted community based/ led conservation as part of their conservation model. Just to mention a few, in Kenya we have Northern Rangeland Trust, a membership organisation owned and led by the 43 community conservancies it serves in northern and coastal Kenya.

In Tanzania, Jane Goodall’s Lake Tanganyika Catchment Reforestation and Education (TACARE) program was designed as a pilot project in the 90’s to protect chimpanzees outside National Parks by addressing poverty and supporting sustainable livelihoods in villages around Lake Tanganyika.

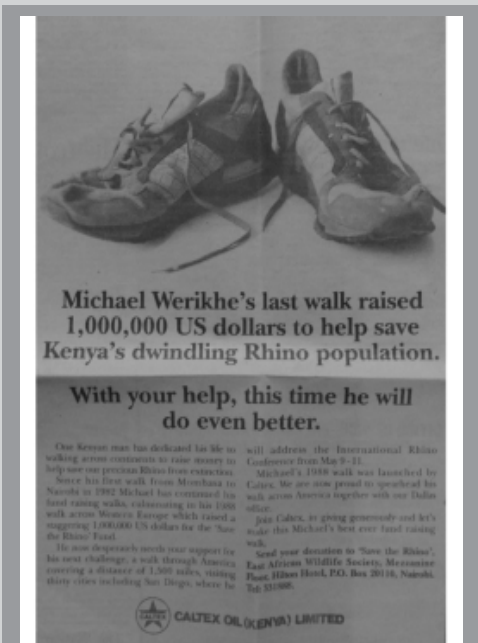


We must all remember, all the men and women are merely players, they have their exists and entrances. On 9th August 1999, Michael died whilst in a Mombasa hospital as a result of grievous bodily injuries sustained from an assault by gangsters. The Coast week eulogised him as follows:

“He wasn’t rich, he wasn’t powerful, he wasn’t a sporting superstar, he wasn’t a greater scientist or writer or artist, he didn’t invent anything, he was just an ordinary man, from an ordinary home, doing an ordinary job”

Now the question lingers, what is the current status of Rhinoceros in Kenya?

In the year 2021, Kenya conducted its first nationwide wildlife census covering over 343,380 km2, which represents 58% of Kenyan land mass. Over 30 species of mammals, birds and marine species were counted on various ecosystem. The census report establishes that Kenya is home to a total of 1,739 rhinoceros to include 897 Black Rhinoceros, 842 White Rhinoceros and only 2 Northern White Rhinoceros. The report further indicates that the rhinoceros are among the charismatic species that have increased. The report further explains, “Kenya remains the stronghold of the eastern black



A fundraising ad, sponsored by Caltex Oil, for Werikhe’s North America walk (1991). Photograph courtesy of Fleur Ng’weno. <https://scholarship.org/uc/item/0jf3488f>

rhino subspecies conserving just over three quarters (approximately 80%) of the wild population of the sub species”.

Globally, IUCN Red List of Threatened Species, a critical indicator of the health of the world's biodiversity, categorizes the worlds rhinoceros as follows:

White Rhino as Near Threatened (Population trend decreasing), Black Rhino as Critically Endangered (Population trend

increasing), Rhinoceros Triple n as Least Concern (Population trend unknown), Javan Rhinoceros as Critically Endangered (Population trend stable), Greater One Horned Rhino as Vulnerable (Population trend increasing), Sumatran Rhinoceros as Critically Endangered (Population trend decreasing).

Michael Werikhe, a man who loveth well, both man and bird and beast.

He wasn't rich, he wasn't powerful, he wasn't a sporting superstar, he wasn't a greater scientist or writer or artist, he didn't invent anything, he was just an ordinary man, from an ordinary home, doing an ordinary job



Image Courtesy of The Goldman Environmental Prize

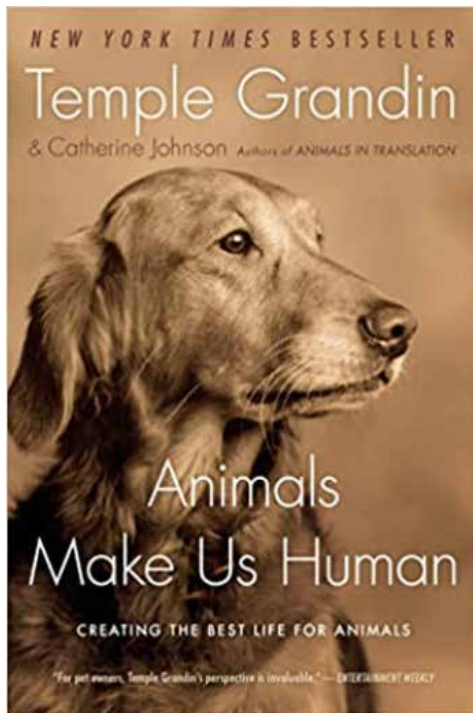
Disclaimer: All attempts have been made by the author to ensure that all the information contained in this article has been obtained from reliable sources. Therefore, the author does not warrant that the information contained in this article is error free or omission free. However, should you believe that any information in this article is incorrect, incomplete, infringes IP rights or violates publication ethics. Feel free to contact the author for an amicable deliberation to the mutual satisfaction of all parties involved. The author wishes to advice that the information contained herein is for informational and educational purpose.

Sponsored Content

WALKING THE PAGES IN BOOKS ON ANIMALS

Books to Read in 2023!

With Sharon Wawira



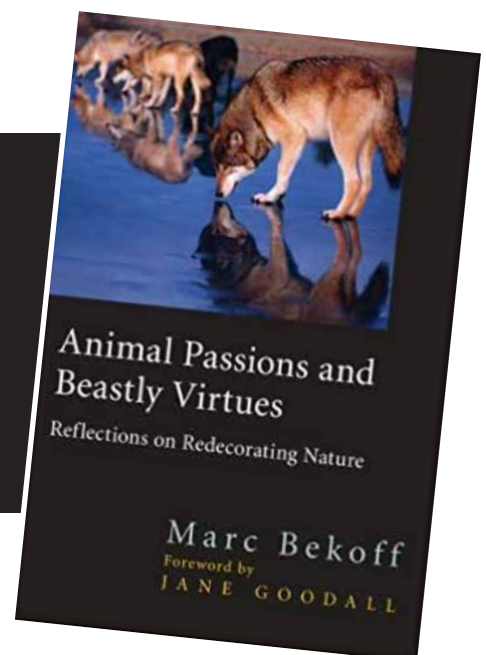
Animals make us human : CREATING THE BEST LIFE FOR ANIMALS

From beloved animal expert Temple Grandin, a fascinating exploration on how animals feel—essential reading for anyone who's ever owned, cared for, or simply cared about an animal.

While it's usually easy to pinpoint the cause of physical pain in animals, to know what's causing them emotional distress is much harder. Drawing on the latest research and her own work, Grandin identifies the core emotional needs of animals. Then she explains how to fulfill them for dogs and cats, horses, farm animals, and zoo animals. Whether it's how to make the healthiest environment for the dog you must leave alone most of the day, how to keep pigs from being bored, or how to know if the lion pacing in the zoo is miserable or just exercising, Grandin teaches us to challenge our assumptions about animal contentment and honor our bond with our fellow creatures.

Animal Passions and Bestly Virtues; Reflections on Redecorating Nature

Observations of animals playing, solving problems, and behaving fairly toward each other reveal a range of animal behaviors and show that the ethical treatment of animals is a significant issue.

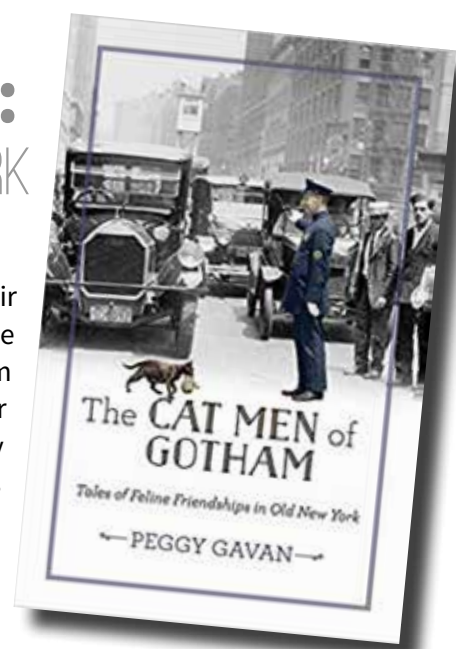


The Cat Men of Gotham:

TALES OF FELINE FRIENDSHIPS IN OLD NEW YORK

For all cat lovers!!

This book tells the stories of these heroic cat men of Gotham and their beloved feline companions. Not only does it introduce us to some remarkable men, but we get to meet many extraordinary cats as well, from Chinese stowaways prowling the Chelsea Piers to the sole feline survivor of the USS Maine explosion. Among the forty-two profiles, we find many feline Cinderella stories, as humble alley cats achieved renown as sports team mascots, artists' muses, and even presidential pets.



Filling The Ark:

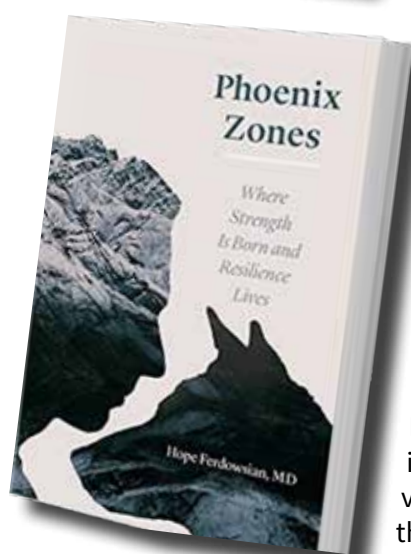
ANIMAL WELFARE IN DISASTERS



In a new preface, Irvine surveys the state of animal welfare in disasters since the first edition. *Filling the Ark* argues that humans cause most of the risks faced by animals and urges for better decisions about the treatment of animals in disasters. Furthermore, it makes a broad appeal for the ethical necessity of better planning to keep animals out of jeopardy. Irvine not only offers policy recommendations and practical advice for evacuating animals, she also makes a strong case for rethinking our use of animals, suggesting ways to create more secure conditions.

Phoenix Zones:

Where Strength is Born and Resilience Lives



Dr. Hope Ferdowsian has spent years traveling the world to work with people and animals who have endured trauma—war, abuse, displacement. Here, she combines compelling stories of survivors with the latest science on resilience to help us understand the link between violence against people and animals and the biological foundations of recovery, peace, and hope. Taking us to the sanctuaries that give the book its title, she reveals how the injured can heal and thrive if we attend to key principles: respect for liberty and sovereignty, a commitment to love and tolerance, the promotion of justice, and a fundamental belief that each individual possesses dignity. Courageous tales show us how: stories of combat veterans and wolves recovering together at a California refuge, Congolese women thriving in one of the most dangerous places on earth, abused chimpanzees finding peace in a Washington sanctuary, and refugees seeking care at Ferdowsian's own

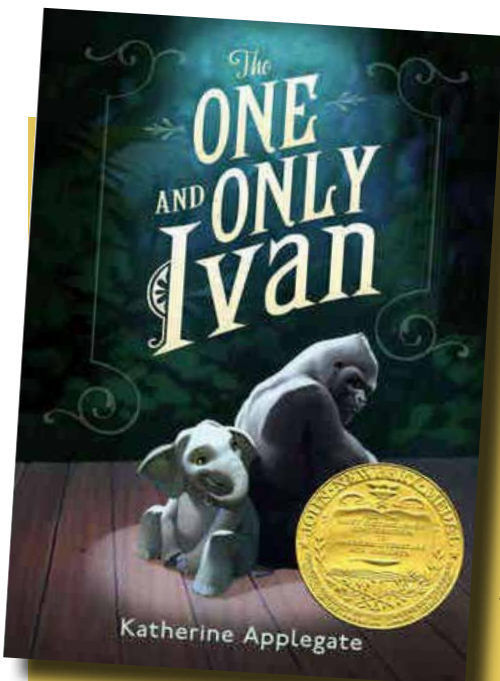
medical clinic.

These are not easy stories. Suffering is real, and recovery is hard. But resilience is real, too, and *Phoenix Zones* shows how we can foster it. It reveals how both people and animals deserve a chance to live up to their full potential—and how such a view could inspire solutions to some of the greatest challenges of our time.

If You Tame Me:

Understanding Our Connection With Animals

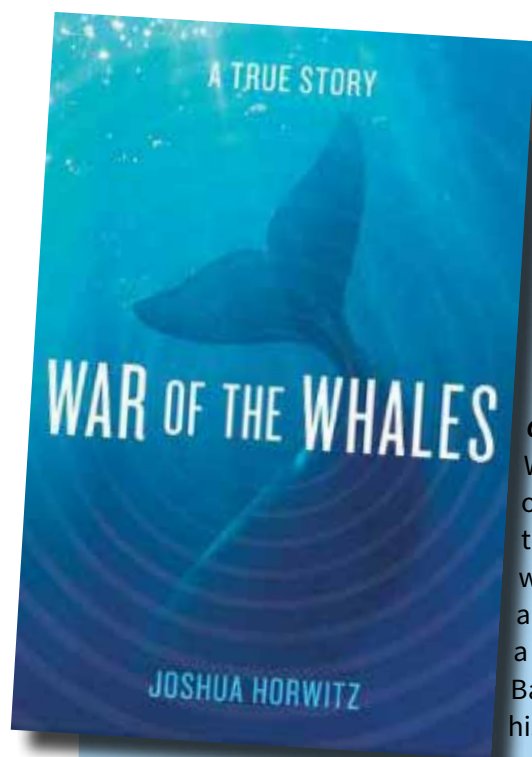
Nearly everyone who cares about them believes that dogs and cats have a sense of self that renders them unique. Traditional science and philosophy declare such notions about our pets to be irrational and anthropomorphic. Animals, they say, have only the crudest form of thought and no sense of self at all. Leslie Irvine's *If You Tame Me* challenges these entrenched views by demonstrating that our experience of animals and their behavior tells a different story. Dogs and cats have been significant elements in human history and valued members of our households for centuries. Why do we regard these companions as having distinct personalities and as being irreplaceable? Leslie Irvine looks closely at how people form "connections" with dogs and cats available in adoption shelters and reflects on her own relationships with animals. *If You Tame Me* makes a persuasive case for the existence of a sense of self in companion animals and calls upon us to reconsider our rights and obligations regarding the non-human creatures in our lives.



The One and Only Ivan

Ivan is an easygoing gorilla. Living at the Exit 8 Big Top Mall and Video Arcade, he has grown accustomed to humans watching him through the glass walls of his domain. He rarely misses his life in the jungle. In fact, he hardly ever thinks about it at all. Instead, Ivan thinks about TV shows he's seen and about his friends Stella, an elderly elephant, and Bob, a stray dog. But mostly Ivan thinks about art and how to capture the taste of a mango or the sound of leaves with color and a well-placed line.

Then he meets Ruby, a baby elephant taken from her family, and she makes Ivan see their home—and his own art—through new eyes. When Ruby arrives, change comes with her, and it's up to Ivan to make it a change for the better. Katherine Applegate blends humor and poignancy to create Ivan's unforgettable first-person narration in a story of friendship, art, and hope.

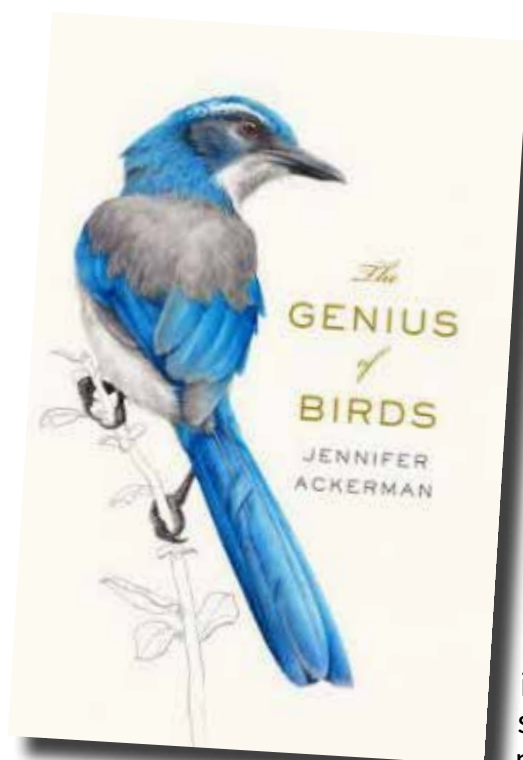


War of the Whales: A True Story

Two men face off against an all-powerful navy—and the fate of the ocean's most majestic creatures hangs in the balance.

War of the Whales is the gripping tale of a crusading attorney who stumbles on one of the US Navy's best-kept secrets: a submarine detection system that floods entire ocean basins with high-intensity sound—and drives whales onto beaches. As Joel Reynolds launches a legal fight to expose and challenge the Navy program, marine biologist Ken Balcomb witnesses a mysterious mass stranding of whales near his research station in the Bahamas. Investigating this calamity, Balcomb is forced to choose between his conscience and an oath of secrecy he swore to the Navy in his youth.

When Balcomb and Reynolds team up to expose the truth behind an epidemic of mass strandings, the stage is set for an epic battle that pits admirals against activists, rogue submarines against weaponized dolphins, and national security against the need to safeguard the ocean environment. Waged in secret military labs and the nation's highest court, War of the Whales is a real-life thriller that combines the best of legal drama, natural history, and military intrigue.



The Genius of Birds

Birds are astonishingly intelligent creatures. According to revolutionary new research, some birds rival primates and even humans in their remarkable forms of intelligence. In *The Genius of Birds*, acclaimed author Jennifer Ackerman explores their newly discovered brilliance and how it came about.

As she travels around the world to the most cutting-edge frontiers of research, Ackerman not only tells the story of the recently uncovered genius of birds but also delves deeply into the latest findings about the bird brain itself that are shifting our view of what it means to be intelligent. At once personal yet scientific, richly informative and beautifully written, *The Genius of Birds* celebrates the triumphs of these surprising and fiercely intelligent creatures.

YOUR HEALTH, MY LIFE

Hands that Touch Animals and Human Life

By Ayubu Nnko

It was not an easy start. We understood that it was necessary, since there were animals needed help. We are grateful to stakeholders like ANAW from whom we have learned from and are now moving forward.



treatment of dogs and cats. This arose from the great need to help the Tanzanian government fight rabies in the district by 2030.

For a period of four (4) years the organization has been able to provide vaccination services for dogs and cats, where by 5,202 animals have been attended to. According to the statistics from the district veterinary office, EAAW has been able to help reduce cases of rabies from 30 in a month to 2 cases in six months. This is a good and

Education for Africa Animal Welfare, abbreviated EAAW, is an African non-profit organization that works to ensure that the welfare of animals is catered to and the vegan necessities in Tanzania and within the East African region are met.

EAAW in collaboration with other organizations involved in the animal welfare, has been carrying out its work in Tanzania, in helping the community in Mkalama district, The organization has worked in collaboration with the district government through the veterinary office in providing vaccination against rabies and



big step towards attaining the goals of the government and the world in eradicating rabies by 2030.

Along with that, EAAW has also undertaken other works to protect animals by collaborating with various stakeholders. As members of the Open Wing Alliance coalition, the organization is advocating for cage-free activities in Tanzania. They are carrying out public awareness through various measures, among them through animated videos (<https://www.youtube.com/channel/UCSSKmX-cbEpRxErGC3lc6LA>), social media and corporate campaigns in collaboration with other coalition members.

The work is critical because it helps chicken farmers understand the best way to raise chickens without causing them suffering and death resulting from being confined in cages. Through this work, the organization has been able to convey information to the public and has been able to reach more than 63,882 people. More efforts are underway to convey the message efficiently to the community.

EAAW has launched a project known as “Your Health My Life” that aims to stimulate people’s awareness to reduce the use of animal products and avoid unnecessary suffering for farmed animals. This project aims to convey the message through interactive training and message sharing to those who use and do not use animal products.

Currently, the project is at the initial stages and the organization intends to develop it further in order to achieve the goals set.

The organization calls on various stakeholders to collaborate in carrying out these important tasks for the welfare of animals, human health and the environment.



Ayubu Nnko

Ayubu is a current CEO and Coordinator for EAAW Organization in Tanzania. He is well experienced in communication and community development projects, designing and implementing communication for development initiatives aimed at catalyzing change among communities, with over 16 years' experience.

He is well knowledgeable with a Master Degree in Project Management degree in Business Administration and Journalism. Ayubu is a media trainer; enabling journalists to build their skills in reporting for animals and the environment in Tanzania and beyond.

Ayubu is committed to ensuring that animals are highly protected and transformed into a meaningful and ensure their welfare for the majority of the community in Tanzania and beyond.

Ayubu is passionate about animal welfare and environment while supporting the dietary change movement in Tanzania, and he is a long term farmed animals advocate and supporter to the cage free movement in Africa and beyond.

FB;<https://www.facebook.com/Education-For-African-Animals-Welfare-EAAW-1544925642320944/>
 Twitter: <https://twitter.com/EducationAAW>
 LinkedIn: <https://www.linkedin.com/company/82091273>



Every year on 28 September, we celebrate **World Rabies Day** to bring awareness on the prevention of rabies. 2022's theme was **'Rabies: One Health, Zero Deaths'** that aimed to highlight the connection between the environment, people and animals.

Steps to take to prevent a Rabies Infection

Basic Rabies Symptoms

Fever

Vomiting

Lethargy

Fearfulness

Aggression

Excessive drooling

Difficulty swallowing

Staggering

Paralysis

Seizures.

1. Vaccinate your pets

Visit your veterinarian with your pet on a regular basis and consult on how often your pets should be vaccinated

2. Keep pets away from wild animal

Always have your pets supervised when you take them outside.

3. Spay/ Neuter your pet to

reduce the number of stray animals in your neighbourhood that may not be vaccinated.

4. Report stray animals or

asuspected case of rabies to the nearest local authority, veterinary clinic or rescue centre.

For more information on rabies control,
please reach to info@anaw.org
visit rabiesalliance.org



MEET THE AFRICA CONSERVATION EDUCATION FUND (ACEF) BENEFICIARIES

The beneficiaries come from the area bordering Tsavo East National Park. At Jira Primary School, Kilifi County, the beneficiary selection committee identified



Sixteen-year-old Hamida Mkawasi has completed her second year at Mahoo

Girls Secondary school in Taita Taveta County. Due to her desperately challenged family background, female teachers often took over the responsibility of her personal effects and upkeep while in school. She continues to Form 3 in 2023 and needs Kes.49,209 for the year's school fees.



Roda Chebet, a second-year student at Enaiposha Girls' School, Nakuru. She went to Kiboko Primary school at the Soysambu Ranch, Nakuru County where she obtained a good score of 304 marks in her Kenya Certificate of Primary Education out of a possible mark of 500. Her mother, Joshine Chepkoech, is a cleaner earning kes. 6, 000 a month. Roda seeks help to raise Kes. 44,589 toward her schooling in 2023.



Meeet Mercy Mutindi a 16-year-old girl with a dream of becoming a nurse. She is a former pupil of Muthwani Primary School, Machakos County. She was selected for an education scholarship by a local committee in the community in collaboration with Kenya Wildlife Service officers in the Maanzoni conservancy. Her mother could not hold back tears as she narrated her struggle to keep her daughter in school. She sometimes had no food for her children and would send Mercy to school in tattered clothes for lack of money for proper clothing! Today Mercy is a student at Mua Girls Secondary school, Machakos County. She needs Kes. 43,835 toward her schooling in 2023.



Joseph Guyo is the eldest of three children from a single-parent family and just completed his second-year as a student at Miasenyi Secondary School. Joseph began primary school at the age of 9 and he recalls walking 14km to and from home to the nearest local school called Jira Primary School in Kilifi County. He is the son of a physically challenged single parent of three who is no longer employed in the hotel industry for health reasons. As one of the beneficiaries of ANAW's ACEF program, Joseph hopes to complete his high school education whilst actively participating in his favorite co-curricular activity, drama club. He needs Kes. 38,500 toward his education in 2023.



Meet Nduta Mwangi who comes from a humble background of scale farmers at the foothills of Mount Longonot in Nakuru County, Kenya. She lives with her siblings and her parents who engage in casual jobs outside the homestead to subsidize their small family income. This jovial 16-year-old girl is a day scholar at Longonot Township Secondary School. She would like to become an engineer someday and has a deep desire to return to her community to serve them in her chosen career. In 2023, she will require Kes. 11,550 toward her form 3 education.

Find our stories, photographs give toward our education at anaw.org/ACEF

DIARY TALES

The Reason Why I Choose to Teach Plant-Based Diet in Schools

By Chiemeka Chiedozie



We have lost our connection to nature, and most of all, to ourselves which has led to climate change. We are also trying to awaken some emotions and some feelings and some logic that is been buried and suppressed by our society that continue to destroy animals, people and the environment.

It is my belief that we have lost our connection to nature, and most of all, to ourselves which has led to climate change. We are also trying to awaken some emotions, feelings and logic that has been buried and suppressed by our society as we continue to destroy animals, people and the environment.

The forests are being destroyed, we are in a global crisis, we are polluting our air, and species go extinct every day. But by having reverence for all life and by reconnecting with Mother Earth, we can change all that and restore what was gone.

We stand up for animal rights and for the innocent animals. We educate children and let them know that

everyone matters. We open people's conscious heart to connections with nature and the eco-system. We open people's mind to what is happening around us, that animals, people and the environment do matter. We inspire people to be an integral part of the solution.

Before, I never felt confident enough to advocate for a plant diet, become a vegan or to consider reducing eating meat not until I attended the Lagos Vegetarian Festival for the first time in the year 2015, the first in Nigeria and Africa which was organized by Mr. Keem Jimo, founder of Veggie Victory.

I was nervous and I could only talk to the kids that came for the Vegfest about becoming a vegan. But later on in a few years, Mr. Jimo called me to come over to his office to teach about the plant-based diet and sell his VegChunks, vegetarian meat that substitutes real meat.. I began to gain more confidence as I went to different schools to teach on plant-based diet, showing them posters and walls charts of top celebrities who were vegan who are successful today.

I have been a vegan for a while now but it has not been easy considering the kind of environment, I found myself in. I have watched and listened to lots of vegans with experiences of how they became one. Before I always thought it was difficult and strange and never had the desire to following their footsteps. Now I realize that all it took was to read and undertake research in the right places.

I can now say that I have gained a lot of experience coupled with my new appointment with Animal Save Movement to establish and coordinate the Lagos Animal Save with the mandate to propagate plant-based treaty in schools with practical demonstrations of using materials and videos. As an instructor, I had to visit their website to learn more so that I can be able to teach children about the plant-based diet.

Teaching plant-based diet has exposed me to how I need to take care of my health. I was happy to learn that going meatless can make our body function well. It supports our immune system. Plants have essential nutrients that we cannot get from any other foods. some of the lessons I have learnt teaching plant- based diet is that it helps to reduce the risk of Covid -19 infection, it is better for our environment reduce the risk of heart disease, high blood pressure, high cholesterol, diabetes and various type of cancers.



LOCAL AND INTERNATIONAL ANIMAL WELFARE NEWS

This section highlights articles that cover activities, programs and initiatives that take place across the world. Animal Welfare Magazine brings to fore local, regional and global news pieces that demonstrate the status and progress of the field in different parts of the world.

Local News

Mobile App Enables Kenyans to Become Wildlife Conservation Actors

The National Museums of Kenya has launched an app to help the country's wildlife authorities track and log rare and common mammals and record whether the species and their habitat are thriving.

When John Perret, the owner of a camel safari, takes out his phone, it is not merely to take a picture. He is actually using the Makenya, Mammal Atlas Kenya app which allows users to record all the details of any mammals they spot. "This app now helps us to really map where these animals are and if they're in trouble we can get the authorities to come and help us and it gives me a great opportunity to show the tourists exactly where they are", the operator says. "This will be a continuous census and we will know how well our animals are performing", he also notes.

In addition to benefiting tourism and those who work for animal welfare, the free app can be a tool for raising awareness. Researcher Simon Musila wants the general public to seize this opportunity to positively impact wildlife conservation. "We want to also to encourage the general public to participate in conserving mammals and one of the basic ways they can actually do that is whenever they see mammals anywhere, they submit a record, that way is one of the important ways for them to participate in conserving mammals", he says.

The Kenyan Wildlife Service (KWS)



Simon Musila, a research scientist at the National Museums of Kenya, displays a cell phone with the Mammals Atlas of Kenya mobile application during its launch on August 24, 2022.

says around 25,000 species of animal and 7000 species of plants have so far been recorded. If making an inventory of the species is important, collecting additional data that enables monitoring the living conditions of the animals is another objective of the app. "It will also include the recording

"This app now helps us to really map where these animals are and if they're in trouble we can get the authorities to come and help us and it gives me a great opportunity to show the tourists exactly where they are"

of the breeding conditions specifically if you see an endangered species and you see that it has young ones that are quite encouraging because we will know that that species actually will survive in the environment", Musila says. "[...] It will be a game changer because it will also capture the habitat type where that species is found", the researcher at the National Museums of Kenya adds enthusiastically.

"If the habitat is in good condition, then we know that the endangered species will survive in that particular habitat in the long run."

It is indeed essential to identify conditions in which animals are still able to thrive or at least cope. The effects of drought across parts of Kenya threaten species like rhinos. The Mammal Committee of Nature Kenya, the National Museums of Kenya, and collaborators created the app.

Africa News

New Biodiversity and Climate Initiative Presented to Kenyan President Ruto

Kenya's President William Ruto met with leading conservationist Azzedine Downes, President and CEO of IFAW (International Fund for Animal Welfare), to discuss the importance of biodiversity in combatting climate change.

Downes introduced the new conservation-led initiative "Room to Roam" to President Ruto during their meeting. It is intended to ensure that biodiversity—including wildlife—are recognized as critical factors in the fight against global climate change. The Room to Roam Roundtable is a first step in attracting conservation investment across the region.

"President Ruto's support and that of Kenya will be key to the success of Room to Roam, a long-term plan to protect critical landscapes from Southern to East Africa to allow both wildlife and people to flourish", says Downes. "This will be fundamental to ensuring a meaningful shift in reducing the impact of climate change".

Over the past 20 years IFAW has invested more than US\$40M in conservation of wildlife and in education and health services for

communities that live with wildlife in Kenya.

UN Secretary-General António Guterres recently called for "a giant leap on climate ambition" and the need to drastically reduce emissions. Ruto spoke out at the recent UN Climate Change Conference (CoP27) to emphasize the need to include both biodiversity and wildlife as critical factors in reducing those emissions in the first place — a view keenly supported by IFAW.

"As wildlife and people run out of space, IFAW's Room to Roam initiative ensures stable elephant populations

by securing key habitats, by bringing people together, and by creating safe passages for elephants and other wildlife to move freely," said Downes.

"If wildlife has access to healthy habitat for both food and water, as well as the natural space to thrive, it will result in greater biodiversity and ultimately produces a natural resilience to climate change. A better solution for us all."

- *International Fund for Animal Welfare*



Purrenting: More Kenyans Acquire Fur Babies

It was International Cat Lovers Day, and cat lovers around the country celebrated by posting pictures of their cats and pampering them. Kenyans are coming around to treating cats and other pets as members of the family, according them the same treatment as a human family member would get, referring to the fur babies as their children, and themselves as cat mums, cat dads, dog mums, dog dads and so on.

For instance, Gloria Kyallo, sister to media personality Betty Kyallo, recently held a lavish puppy shower for her dog Lulu, who was expecting puppies, an event that came complete with a gold and white theme. It was attended by her close friends and her boyfriend. "Congratulations to my girl Lulu on having her first litter" and "The Girl of the hour. Cheers to celebrating every blessing. I love this girl so much. She



Former Miss World Kenya Cecilia Mwangi with her dogs at home in Nairobi.

deserves this and more!!” were some of the captions on her photos.

Former Nairobi governor Mike Sonko’s daughter, Sandra Mbuvi, also recently posted her dog’s daily menu, which sent tongues wagging. What is it about pets? Many people already know from experience that the adage, ‘A dog is a man’s best friend, is not just an idle saying. Science has also shown this to be true. Seventeen studies reviewed by the University of Liverpool found that pets improve the mental well-being of pet owners, due to the companionship and “unconditional love” that their pets provided.

Scientists have found real physical changes occurring in people’s bodies, with oxytocin and endorphins rising as a person pets an animal. Musician Esther Akoth, better known by her stage name Akothee, once talked about the aspect of the unconditional love that her dogs provided, compared to humans.

“It is cheaper for me to feed and keep 32 dogs, but I cannot afford to make five friends happy every weekend, I cannot quench their constant thirst for turn up. These dogs won’t ask for my car to drive around and bring it back with dents and empty tanks. How do you feel if every time you go out with friends you have to pay their bills, give them a ride, they get drunk more than you, and on top of that call you to send them airtime so they can call you?” she posted.

A lot of Kenyans are yet to reach that level of pet-loving or even consider animals as deserving of rights to safety and such, let alone a life of comfort that most Kenyans cannot afford. When a pet owner makes an announcement about a cash reward for a missing pet and it gets around, jokes abound on social media on why one would pay money just to get their pet back. People still share videos of animals being mistreated and are met with comment sections littered with laugh emojis, although animal cruelty is against the law in Kenya.

Any person who is found guilty of an offence of cruelty to animals is liable, on conviction, to a fine not exceeding Sh100,000, or to imprisonment for a term not exceeding one year, or both according to the Animal Welfare and Protection Bill 2019.

But the tide is indeed changing, even if at kind of a glacial pace, according to Dr Benjamin Oundo, a veterinarian at the Paws & Claws Veterinary Clinic in Mlolongo.

“The way people treat their pets is slowly changing. As vets, we talk to clients and explain to them the best practices regarding their pets. So people are starting to care more about their pets and bringing them to the vet more often,” he says. “They now try to get the best food for their pets, and provide the best veterinary care for them and also provide the best environment for them, be it housing, getting rid

of parasites and such routine things. We are still not at par with developed countries but eventually, we will get there.” We are getting there, as nowadays you can take your pet to a pet spa, some high-end such as at Very Impawtant Pets for some grooming and pampering.

There are pet daycares and boarding facilities so that your pet is well taken care of when you are away and if your furbaby is unwell, places like Poseidon Veterinary Clinic in Langata have a 24-hour ambulance service available for them. Even in the final leg of their journey, you can give your pet a befitting sendoff, as places like Lee Funeral Home offer pet cremations, a service they started giving six months ago for smaller pets like cats and dogs because people would ask for it a lot.

“The way people treat their pets is slowly changing. As vets, we talk to clients and explain to them the best practices regarding their pets. So people are starting to care more about their pets and bringing them to the vet more often,”

“We collect the pet from the place where the pet has passed away, which is usually at the vet or their house, then we cremate them in a dedicated crematorium for pets only, and then the ashes are processed, put in a pet urn,” Paul Van Brussel, the Managing Director of Lee Funeral Home told the Sunday Standard.

Once the ashes have been processed and put in an urn, they are delivered back to the owner’s home. The collection and delivery is not just a nice service that they offer, it is a necessary one. “Because we do not want people to come in here (to the funeral home) with their dead dog in a blanket and someone thinks the dog will

be placed together with people. So we do not store any pets here. If a pet cannot be cremated immediately, because it is 5 o’clock or something then we do it the next day, and we store it in Hardy, Karen, in a dedicated refrigerator for that,” he said.

Paul explains that most often, the reason people ask for the service is that they do not live permanently at the house, but are only renting it. The most loved pets in Kenya are dogs. Cats are second, but a lot of the time they are tolerated as useful pets that get rid of other pests, rather than as a companion, especially in rural areas.

“You find a majority of cats as pets in urban areas, not rural areas. In rural areas, they do not bring them to the clinic per se, only a few, but we see a lot of cats in clinics in Nairobi, Mombasa, and Kisumu – in urban areas generally. It is because people there live in apartments there and it is easier for them to have a cat,” says Dr Oundo.

Rabbits have been known as a boyish venture, something boys do as children but then later grow out of. Some previously rare pets are becoming a bit more commonplace, like birds such as parrots and peacocks. Other pets, however, such as snakes, rats, and so on are yet to catch on.

- The Standard

How to Transport Your Animals Across the Country

By Jasmine Murani

The other day I was sitting next to the driver in a Matatu on my way home from work. Despite all of the superstitious things my family has to say about sitting at the most 'vulnerable' place in as Matatu as they see it, I always make sure to secure that spot.



Have you seen the view? The fact that the blaring music doesn't work you up the way it would sitting in the chassis is also a plus. Never mind the occasional chicken under your feet, or the excess travelers that will be squeezed into that 'Pararira' at every one of the 50 stops you're bound to make on your 'Safari' home. That never happens at the 'cockpit'.

And with all the privilege that comes with sitting next to the main man of the journey, it becomes really hard to notice much on the road. Usually, my thoughts will be silenced by the trees and buildings racing in the opposite direction, so I'll just stare blankly at nothing waiting to see my stop.

Last Wednesday, I witnessed a rather disturbing scene. A boda-boda guy was ferrying what looked like fifty chickens fastened head-down to his motorbike. I didn't think much of it at the time, except a quick "thank God that's not children". And then I got to Kitengela and what I saw had me jumping into a frenzy. Picture this; a young malnourished donkey, barely into its teen years, with a rickshaw to its back, filled with 20-liter cans all brimming with water, and then the owner to its

side, continually whipping the poor beast as it struggled uphill.

I immediately flung into action, my mouth frothing from anger, and called the man out. He obviously thought I was being funny, so he went away laughing. To my credit, I, even for just that trip, spared the poor donkey the trouble. Soon as I got home, I overwhelmed my sister and anyone else within earshot with the details, but I could see that no one was as invested in the story. Perhaps I wasn't being as vivid as I should have been, or maybe that's just a mundane scene.

When I tell you I could not sleep that night, I need you to believe me. I had witnessed enough animal cruelty and I was going to do something about it. So here we are looking at how to humanely transport livestock at least within the borders.

Movement Permit

The first thing you ought to know before moving your animals is that it is important to do this in compliance with the law. The law requires that you obtain a movement permit from a veterinary in the area where the animals are located and a letter of No-Objection from the

intended destination. This is according to Dr. Joseph Othieno, a veterinary surgeon and the head of communication at the Food and Agriculture Organization of the United Nations (FAO) Kenya.

How to Acquire the Permit

Getting ahold of the permit will be an easy task if you can comfortably meet the following requirements. One, the vessel you intend to transport the animal in has to meet the requisite safety standards. Similarly, your animals must be in top shape and health. You should also not transport animals from or into a quarantine zone. This is known to lead to faster spread of animal diseases.

Should you be moving your stock from an area considered a hotspot for a certain disease, then vaccination will come in as a necessary aspect of your relocation business. Again, if you intend to passthrough regions where a disease is listed as an endemic, Dr. Othieno says that you must not make any stops to limit contact. The law stipulates that an animal is not to carry a parasite from one area to another.

The Journey

Top of your mind should be the welfare of your animals. Animals are sentient living beings that need love and care as much as human beings. In Kenya, the law in cap 360, Prevention of Cruelty to Animals Act, stipulates quite clearly that mistreatment of animals during transportation is an offense, punishable by a court of law. In that regard, and to be on the right side of the law, the needs of your animals should be centerstage.

Additionally, beware of the discomfort and stress endured by your animals. You may not be in a position to feed and water your animals well during transit, amounting to stress, hunger and thirst to the animal. In response, Dr. Othieno further explains that the animals may suffer from a compromised immune system, leading to contraction of illnesses. Some diseases may also come from irregular and uncomfortable sitting postures that may persist throughout the journey. An example of such a disease is bloat in cattle.

What Can You Do to Help During the Journey?

Your surest bet will be to involve a veterinarian throughout the process. A qualified vet will be in apposition to advise on how you can maximize on the comfort of your animals, to prevent disease and even death. The veterinarian will also advise on simple details such as the best weather to transport your livestock. Similarly, on arrival, the vet should also examine your stock for any injuries or stress. Dr. Othieno advises that multi-vitamins should be administered to your cattle as a precaution, to assist the animal in dealing with any stress related health complications that may arise.

I should end by saying that we ought to be more mindful of our treatment of animals. Do not kick cats, do not hurl stones at harmless dogs. Do not slaughter chickens for mea... Okay... Okay... I hear you; meat is where we draw the line.

- Farm Kenya, The Standard



Extreme Drought Threatens Animals and People in East Africa

The drought in Kenya has killed hundreds of elephants and numerous other wildlife this year. IFAW's rangers at Olgulului Olorarashi Group Ranch in the Amboseli landscape are seeing more animals that are lost, dehydrated or hungry on their patrols than ever before. Evan Mkala, IFAW's program manager for the Amboseli region, says the carcasses are almost everywhere. "I have lived around here for most of my life, and we have never seen anything this devastating," he says. "You can smell the rotting carcasses all around the area."

In addition to helping animals that are too weak to move, the rangers are tasked with removing tusks from dead elephants almost every other week to prevent the ivory from being stolen by poachers, in line with the Kenya Wildlife Service's policies. Evan explains that incidences of poaching have been on the rise, with poachers desperate for money to purchase water and hay for their cattle. "The lack of food security and rainfall has pushed people to drastic measures."

In drought-affected northern Kenya, home to the endangered Grevy's zebra, IFAW-supported Grevy's Zebra Trust helped to feed approximately 500 zebras daily between August and October by providing hay and supplements. IFAW also supplied clean drinking water to nearby communities.

At the end of October, northern Kenya received some sporadic showers, but many areas remain dry. In Somaliland, severe drought conditions have displaced hundreds of thousands of people and decimated crops and livestock.

Last year, IFAW and Candlelight worked together with the communities in Ceeg, Warcibran, Fiqi-ayub, Haji-Salah and Duruqsi to provide water for the people and their animals, and fodder feed for livestock as part of a temporary relief plan. This year, the situation has undoubtedly worsened. Therefore, we recommenced our relief plan and delivered 40 barrels of water to 500 households, which enabled both the drought-affected communities and their 555 livestock (core breeding sheep and goats) to get access to safe and clean drinking water. We also provided emergency animal supplementary feed to 50 of the most affected households in Odweine and Burao districts to alleviate the suffering of the animals and secure the livelihoods of community members.

- International Fund for Animal Welfare (IFAW)

International News

In Nepal, Officials Defend Detusking to Reduce Human-Elephant Conflict

by Abhaya Raj Joshi,



Conservation officials in Nepal recently cut off the tusks of a young bull elephant that had attacked and killed a woman. The woman was herding her sheep at a pasture in the town of Amlekhgunj, in the buffer zone of Parsa National Park in southern Nepal.

The incident made headlines in news media across the country, and prompted calls from rural residents for the authorities to do something about incidents of human-elephant conflict.

Nepal is home to some 227 Indian elephants (*Elephas maximus indicus*) — the number fluctuates as the pachyderms move across the plains between Nepal and India — and human-elephant conflict has emerged as a pressing wildlife issue here. In the past two decades, 274 people have died in incidents related to human-elephant conflict.

residents called on the park authorities to do something about the animal. With the approval of the Department of National Parks and Wildlife Reserves, Ram's team tranquilized Yamgaj less than 24 hours after the attack. "We had no other option but to sedate the animal," Ram told Mongabay. "We then decided to trim its tusks so that it becomes less aggressive. It's usually teenage male elephants

that rebel from their group and form separate groups. The elephant that killed the woman was a member of a three-member group that had rebelled from its larger pack."

Officials say cutting off an elephant's tusks after tranquilizing it can help make it less aggressive. But the practice is a controversial one as tusks are important for elephants when rooting for food and in courtship displays. Cutting them off, critics say, piles more pressure on Indian elephants, categorized as endangered on the IUCN Red List, in addition to the growing threats they already face in Nepal from habitat loss and forest fragmentation.

Proponents of detusking say the practice helps make the animals less aggressive, while critics say the effects are little-understood and detusking should be a last resort in tackling human-wildlife conflict. "We trim the tusks only to a point where there aren't blood vessels. We have seen that trimming really works," Ram said. "This time also, after we trimmed the tusks, we haven't seen the elephant in the area for a long time."

A study on African elephants shows that detusked elephants don't appear to be at a disadvantage when it comes to accessing food, while another, shows that detusked

matriarch elephants command smaller herds and may be considered less reproductively fit by males.

Detusking, as the practice is known, has also been carried out on African elephants (*Loxodonta africana*) to reduce human-elephant conflict. At the Lewa Wildlife Conservancy in Kenya, for instance, researchers found it to have drastically reduced fence-breaking incidents.

Another study at the same site found that short-tusked and detusked elephants didn't seem to have a nutrient deficiency compared to other elephants. The study, however, found that tusk length was associated with differences in fitness in the case of female elephants, especially the matriarchs. It found that matriarchs with significantly larger tusks commanded a bigger group compared to short-tusked ones, indicating that long-tusked females were looked upon by males as having higher reproductive fitness.

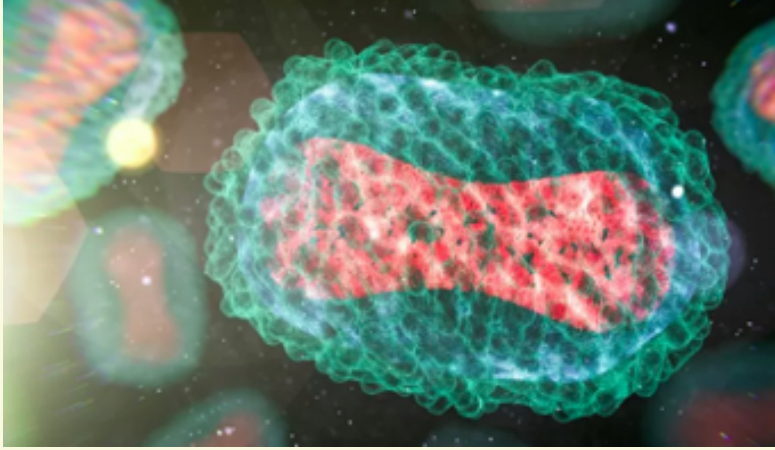
Animal welfare activists also say detusking should be done cautiously. "While in the short-term trimming the tusks of elephants may help calm it down, we don't know how much pain they might suffer from or what its long-term consequences will be for them," said Nepali animal rights activist Shristi Singh Shrestha.

"Elephants are very smart creatures, and they might suffer from mental trauma of having their tusks cut off," Shrestha told Mongabay. She added authorities should instead adopt long-term measures, such as restoration of habitat and establishment of safe corridors for the animals, to address the problem of human-elephant conflict. Back in Nepal, officials say the practice works, noting that the recently detusked male hasn't been seen in the area since then.

- Mongabay

Monkeypox Given New Name by Global Health Experts

The old term will be used alongside the new one for a year, before being phased out.



The virus formally known as monkeypox. Image: GETTY IMAGES

Monkeypox will now be known as mpox, the World Health Organization (WHO) has announced, after complaints over racist and stigmatising language linked to the virus's name. Mpox was decided on after lengthy discussions between experts, countries and the general public. It can easily be used in English as well as other languages, the WHO said. Human monkeypox was first identified in 1970 and named after the disease caused by the virus was discovered in captive monkeys more than a decade before. Since then, the WHO has introduced advice on naming diseases.

It stresses the need to minimise unnecessary negative impact on trade, travel, tourism or animal welfare, and to avoid causing offence to any cultural, social, national or ethnic groups. During the Covid pandemic, it recommended that variants were referred to using letters of the Greek alphabet because they were "non-stigmatising" and easy to pronounce.

This year, there has been unusual spread of mpox virus - a member of the same family of viruses as smallpox - in many countries outside central and west Africa, where it is often found. Cases of mpox have been reported in 29 countries in Europe, as well as Canada, Australia and the US, prompting huge demand for a vaccine to protect those most at risk.

In July, the WHO declared a global health emergency because of the worldwide surge in people developing symptoms, including a high fever and skin lesions or rash. However, cases of the disease have been declining for several months now around the world.

The UK has reported more than 3,500 cases since May, but a rollout of vaccines helped drive down cases following a peak in July. Most people affected were men who have sex with men.

- BBC NEWS

How Factory Farming Puts You, The Planet, And Animals at Risk And Why a Moratorium (Ban) is Needed

We live in the era of factory farming, also referred to as 'industrial' or 'intensive' farming, characterised by high production volumes and a focus on cost minimisation.

A report earlier launched by animal welfare organization World Animal Protection brought to light some of the most damaging animal and human health impacts linked to factory farming, and how that is projected to only get worse as the demand for meat continues to grow globally, especially in developing economies like Africa.

It's past time that the hidden impacts of factory farming were laid bare. Factory farming is the cornerstone of a dangerous industrial food system that profits from the suffering of billions of cruelly farmed animals each year. The system imposes serious public and environmental health impacts that undermine our nutrition and food safety, lead to an onslaught of disease and superbugs, health hazards for workers, and environmental pollution, climate change and habitat destruction.

Governments ignore the health consequences of factory farming at our peril. Swine flu and bird flu are just two examples of diseases that started on factory farms and have caused devastating human health impacts.

We're living through the worst pandemic in 100 years but there's worse to come as wildlife habitats are cut down to make room for factory farming, risking disease spread between wild and farmed animals, and to humans.

The World Health Organization warns we



are facing ‘a superbug health crisis’ with 1.27 million people dying each year from superbugs, and it is estimated that by 2050 this will be the leading cause of death globally people dying each year.

Factory farming is the major culprit as farmed animals are indiscriminately dosed with antibiotics to prop up a cruel system, leading to superbugs that jump to humans and kill. People are suffering from chronic illness at record rates, made worse by the ‘cheap meat at all costs’ mentality of factory farming.

At the same time, hundreds of millions of people face hunger. As cruel factory farming grows around the world, more and more land is used to grow crops to feed farmed animals, not humans. Food security is undermined.

It’s a dangerous paradox where experts implore that action this decade is vital to prevent irreversible damage to our planet and climate, yet governments

continue to support the growth of factory farming in a misguided belief it will bring nutrition, food safety and security.

Nothing could be further from the truth. We must make fundamental changes in the way in which we grow, trade, and consume our food. For a truly sustainable, equitable and food-secure future, we need governments to urgently impose a moratorium on factory farms.

They must support the transition to a humane and sustainable food system where factory farming is a thing of the past. The fallout on our health from the explosion of factory farming will disproportionately hit people in low-and-middle-income countries.

Rather than global companies industrializing livestock production systems around the world, governments must support humane and sustainable, localized food supply chains. Benefits will flow to local communities and

farmers, not big multinational companies. In order to make these shifts, World Animal Protection is calling for governments around the world to impose a moratorium on factory farms and introduce and enforce higher farmed animal welfare standards.

Let’s start the journey now to end factory farming and safeguard our health and the health of our planet. A healthy, humane, and sustainable food system, of higher welfare products, requires an end to factory farming. In the first instance, a moratorium on new factory farms being built and shifting to humane and sustainable food systems is needed.

Sign this online petition to compel your government to safeguard our future by protecting our people, animals, and the planet by putting an end to factory farms.

Petition Link:
<https://bit.ly/3cG77fV>

- *The Standard*

FUN CORNER

Junior Crossword

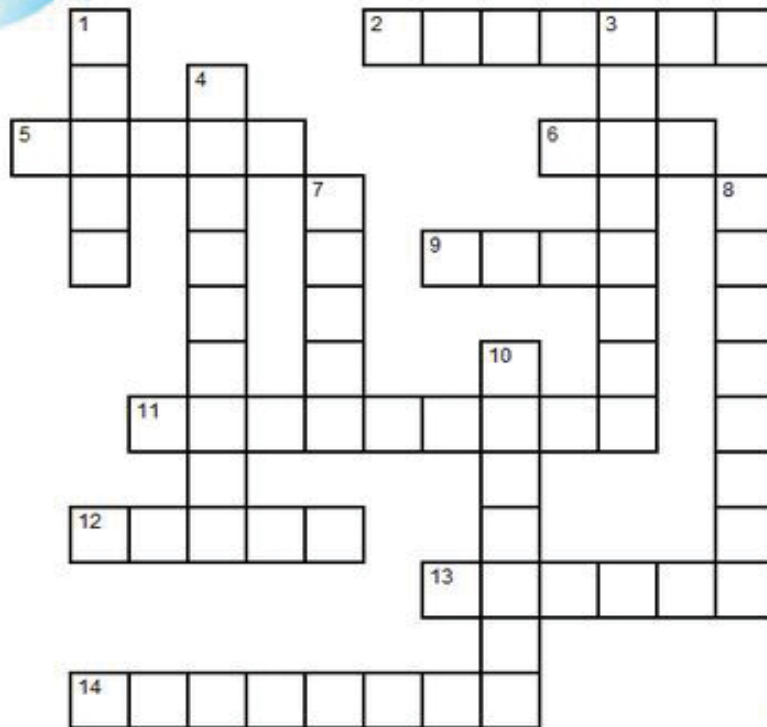
1 2 3
4 5 6
7 8
9

1.dog 2.cow 3.rooster 4.goose 5.horse 6.rabbit 7.duck 8.bull 9.cat

CROSSWORD



Ocean Animals



ACROSS

- 2. fat layer that keeps some marine mammals warm
- 5. fish use these to breathe oxygen from the water
- 6. name for a group of whales
- 9. ocean dwellers that lay eggs and have bones
- 11. what a shark has instead of bones
- 12. a shark has several rows of these
- 13. what younger whales are called
- 14. marine animals with soft bodies and no backbone

DOWN

- 1. small creatures that look like shrimp
- 3. how a whale or dolphin breathes
- 4. largest animal in the world
- 7. bioluminescent animals make their own
- 8. clams, oysters and scallops are all ...
- 10. ocean dwellers that birth live babies and nurse their young

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About Me

START: Let's GO!

Something I really enjoy doing is...

I think school is...

I think English class is...

I know how to...

Oh no! Go Back to START!

Sometimes I try...

One way I'm different from everyone else is...

One of my friends knows how to...

I wonder what it would be like to...

One animal I wouldn't want to be is...

One animal I would like to be is...

I want to learn how to...

Someday, I would like to be...

Someday, I would like to visit...

Sometimes I help...

Oh no! Go Back 2 Spaces!

Oh no! Go Back 5 Spaces!

I've never been afraid of...

I'm afraid of...

Someday, I will...

FINISH

POETRY

'Twas the Year Our Pets Saved Us

A Chewy Original Poem

POEM By: Benedict Cosgrove; www.be.chewy.com

'Twas the year full of questions, COVID, and doubt.
For months we wore masks, indoors and out.
Social distancing made us feel safe, but alone.
Even our weddings were remote or postponed.
While our kids went to school in ways unfamiliar,
our own days and nights felt strained and peculiar.
We binge-watched TV — the good, bad, and terrible.
In short: this past year was barely bearable.



Yet each time we felt at the end of our ropes —
Lo and behold! — our pets raised our hopes.
They offered relief for our cares and our worry,
relief that was feathered, or scaly, or furry,
or swam 'round and 'round in a tank without sinking,
or sat by a heat lamp, unmoving, unblinking.

Some of these critters are new family members.
Some have been with us for days without number.
Some were adopted as pandemic puppies.
Some are ball pythons, or bunnies, or guppies.
Honestly, though, species don't matter —
the point is that pets make everything better.

So yes, while we must also sadly attest
that at times, this year, we were not at our best,
acting crabby and sullen and often cantankerous,
(Pets: You have the pandemic to thank for this!)
again and again, for reasons inscrutable,
we got back to booping those dog snoots so boopable.
We treated our cats to special cat treats.
We taught new limericks to our old parakeets.
We gave extra crickets to our cute bearded dragons.
Even our fishes' tails started waggin'.



We care for our pets — they need us, it's true.
But deep down we know that we need our pets, too.
Their antics make us laugh when we're tearful.
They comfort the anxious, lonesome, and fearful.
We need the sense that their presence provides us:
The feeling that loved ones are always beside us.



2020 tested us in myriad ways.
Weeks felt like months, and hours felt like days.
A new year approaches. Who knows what's in store?
Who knows what fresh weirdness will barge through the door?
But whatever may come, let's all take a minute
to celebrate our world and the animals in it.
A world without pets would be a cold, dreary place,
like the ocean's dark floor, or the far depths of space.
We have it in ourselves to shift our attitude
and close out the year with a sense of gratitude.

So in that spirit, friends, let's raise our voices, all:
"Happiest of holidays — to creatures great and small!"

Who Will Tell Them?

By Dr. Mwenda Mbaka

Who will tell man to keep off the wilderness (I hear somebody say that "we need the tourist revenues to protect the reserves")?

Who will tell the prey to stop taking the presence of humans for granted (I hear someday say "it is the fault of the humans")?

Who will tell the predator to stop taking advantage of the presence of humans to cheat on the unsuspecting prey (I hear somebody say that "it is only natural for a Cat to be wily and sly")?

So, is this a natural phenomenon or a man-made situation?

Was the prey coming close to humans for shelter from predators or was it a stray animal?

Was the lion close to humans as a strategic move to facilitate its hunting, or was it a stray?

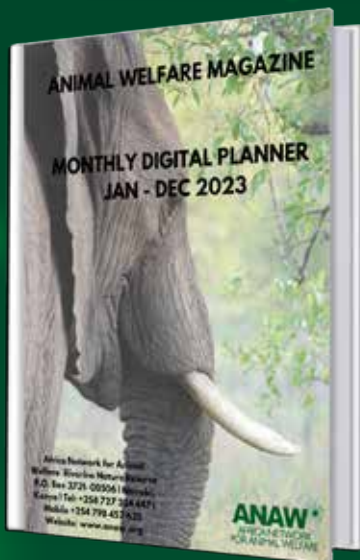
Was the prey perhaps too reckless for Mother Nature to allow it to pass on such genes to the next generation?

Paradoxes.....it all depends on the perspective your sympathies lean towards ...the loser (prey) or the winner (predator)?

Digital Gifts



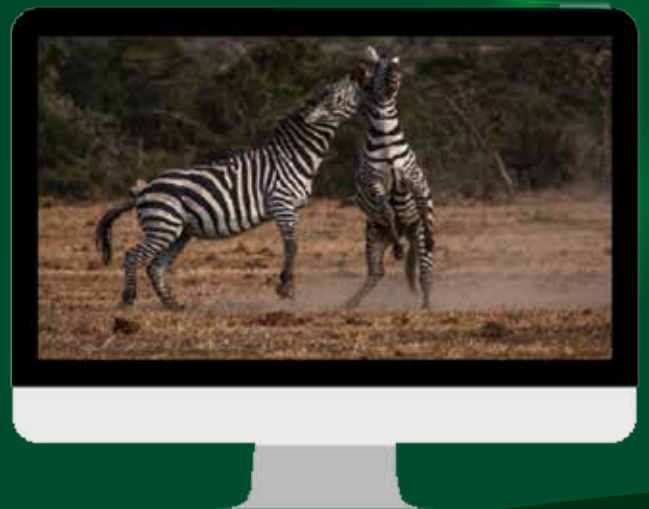
Animal Welfare
Bookmark



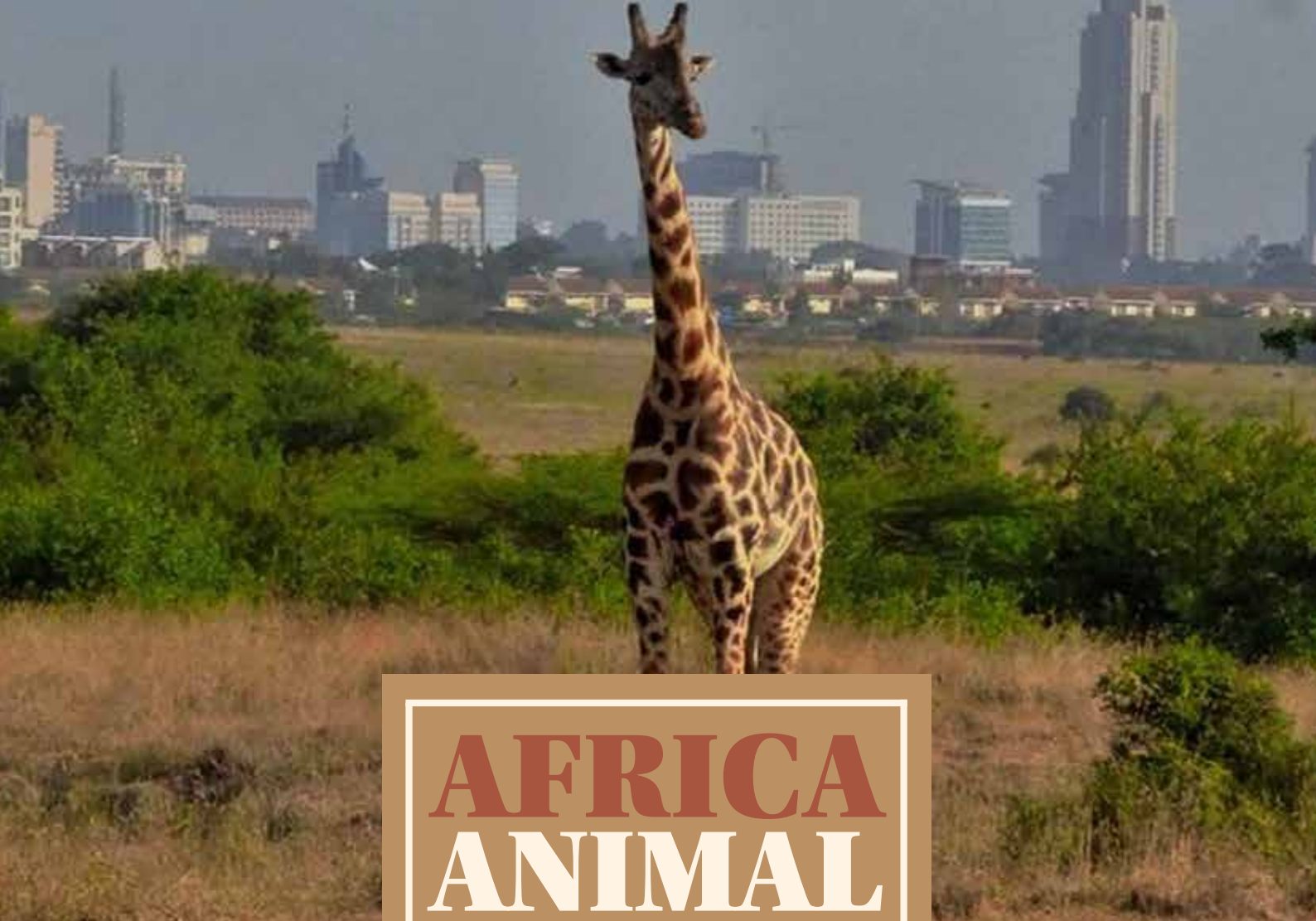
Monthly Digital planner
(Jan - Dec 2023)

Phones and Laptop
Wallpaper;

Images Courtesy of Marvin Mwarangu



Animal Welfare Gift Package



AFRICA ANIMAL WELFARE CONFERENCE 2023

(AAWC)

Date & Venue
to be
Communicated Later

For more Information Call
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<http://www.aawconference.org>

