

# The Life of One Fine Cow

A Loving  
Tribute to  
Moofasa Who  
Mooved into  
Spirit on  
Monday,  
Feb. 22nd





**White Barn Healing Arts Center promotes kindness and respect for all living creatures.** We encourage and inspire people to live their lives acting out of compassion for all living beings, and bring awareness to the interconnectedness of people, animals and planet. **We operate by the Sioux philosophy of "With all things, and in all things, we are relatives."**

**So to apply that foundational belief to the purpose and vision of White Barn, rescued animals reside at our facility as those who inspire, teach and bring smiles, joy and peace to visitors. *Moofasa the steer was one of those teachers.***

Moofasa was a 4½ year old half Black Angus/half Short Horn steer who was rescued and brought to White Barn Healing Arts Center in August 2016 when he was only 10 days old.

On one hand, we were totally surprised when we went to the barn to feed Monday evening only to find that our precious Moofasa had passed away during the day. He seemed totally fine and everything was normal when he and his very furry friends received an extra helping of hay outside the barn around 11 in the morning.

On the other hand, we knew that his crooked legs were only the *external* health issues we were able to identify for the baby cow who was unable to receive mom's colostrum at birth.





Colostrum is what the babies require in order to receive the antibodies and high nutrients needed to grow and thrive and have overall health and wellness. The vet reminded us that there were most likely other *internal* health issues and possible neurological damage related to his health challenges as well. In the end, we suspect his heart may have given out.

***So what was so special about “the Moo”,  
as everyone affectionately called him?***

He was the gentlest of souls, had the sweetest personality, loved everyone he met, never complained even on days when he was dealing with pain issues, and was always kind. *Always*. He had every trait that we as humans strive to build into our daily lives. He embodied characteristics that many people will probably not achieve in this lifetime.

Moofasa was an inspiration to those who met him. He overcame a crippling disability and learned to walk, run and play as a youngster. Knowing that his health issues would eventually catch up with him wasn't on his mind daily. Probably not at all. He always lived in his present moment, loving every second of life, munching on his green fresh hay as though it was the





most important thing in the world. He savored his grooming sessions and thoroughly enjoyed being brushed and combed, stretching his neck this way and that way so you wouldn't miss a spot. He'd throw his big head around your body to hug you when you were standing close. And he always choose being happy over being right.

His cow friend, Moolan, would often push her way over to steal his hay even though she had plenty of her own. Moofasa would pretend not to notice and he would simply wander away and go eat from her left-over pile of hay. He didn't make a big deal out of it. He chose to keep the peace. It didn't matter to him if he would be right to defend his hay pile for after all, it was rightfully his. But he saw it as a small issue, and there was plenty more hay in the other pile—he didn't sweat the small stuff. He actually didn't sweat the big stuff either—he'd just go with the flow.

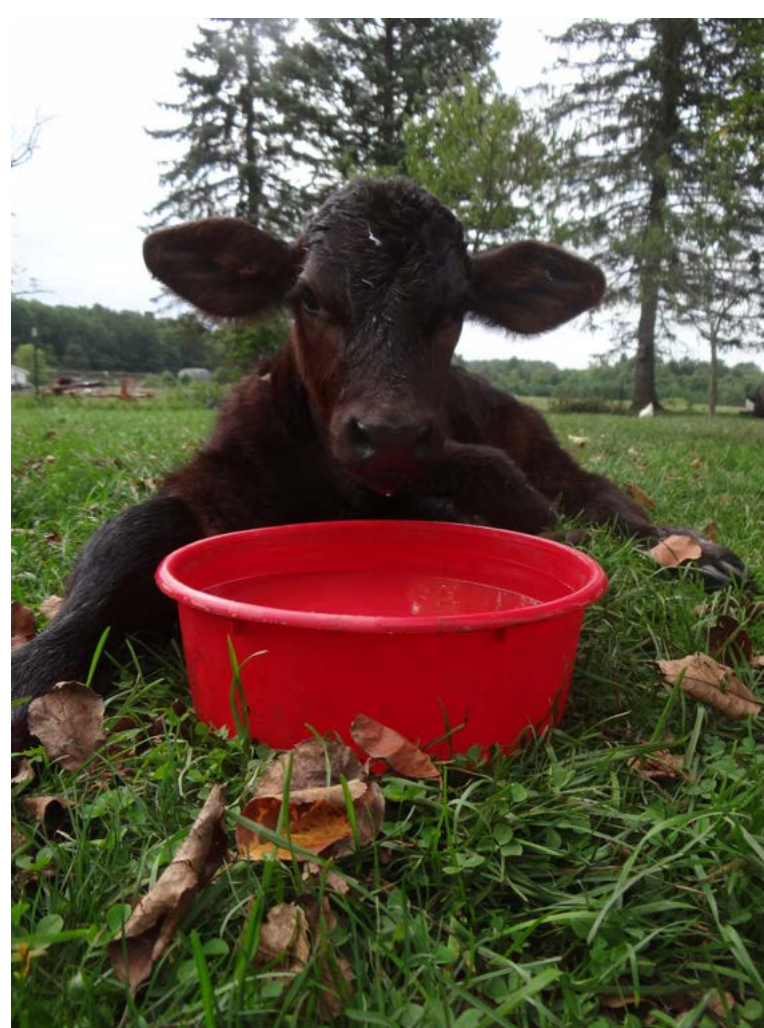
### ***How did the Moo come to White Barn?***

We received a call in the middle of summer in 2016. An organic beef farmer had a 10 day old

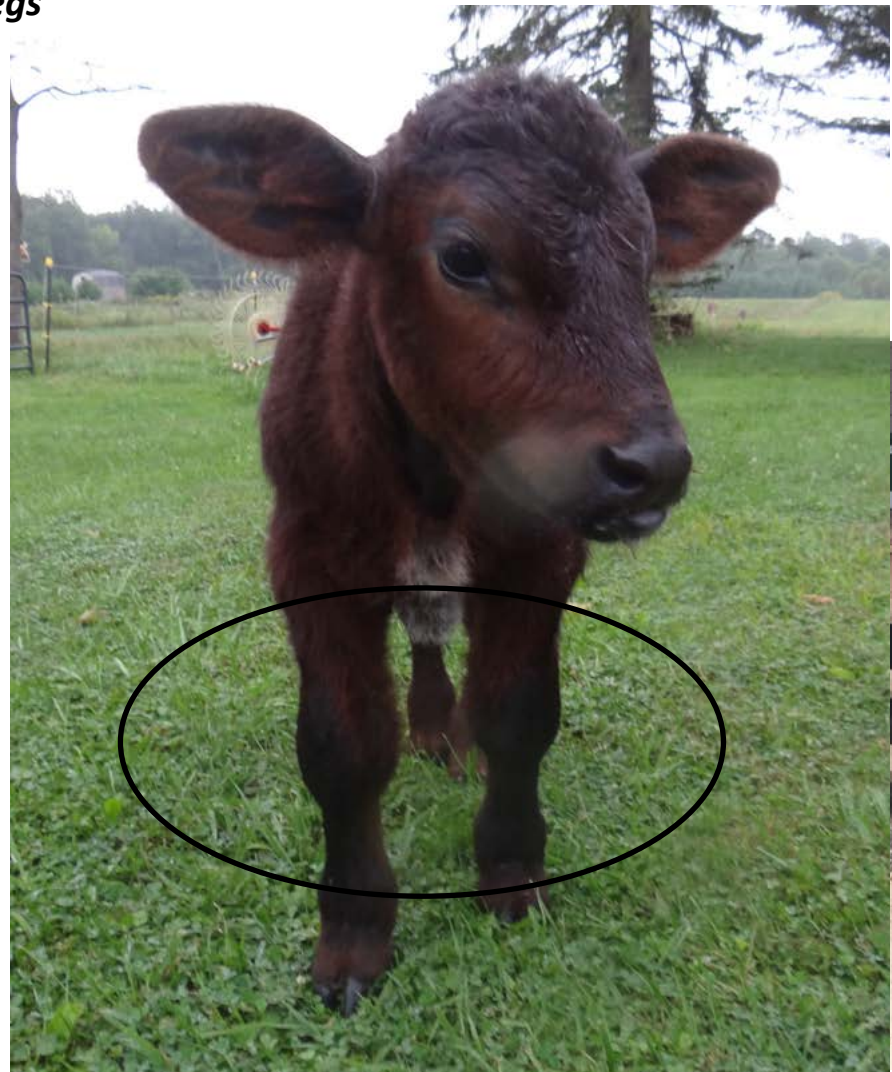
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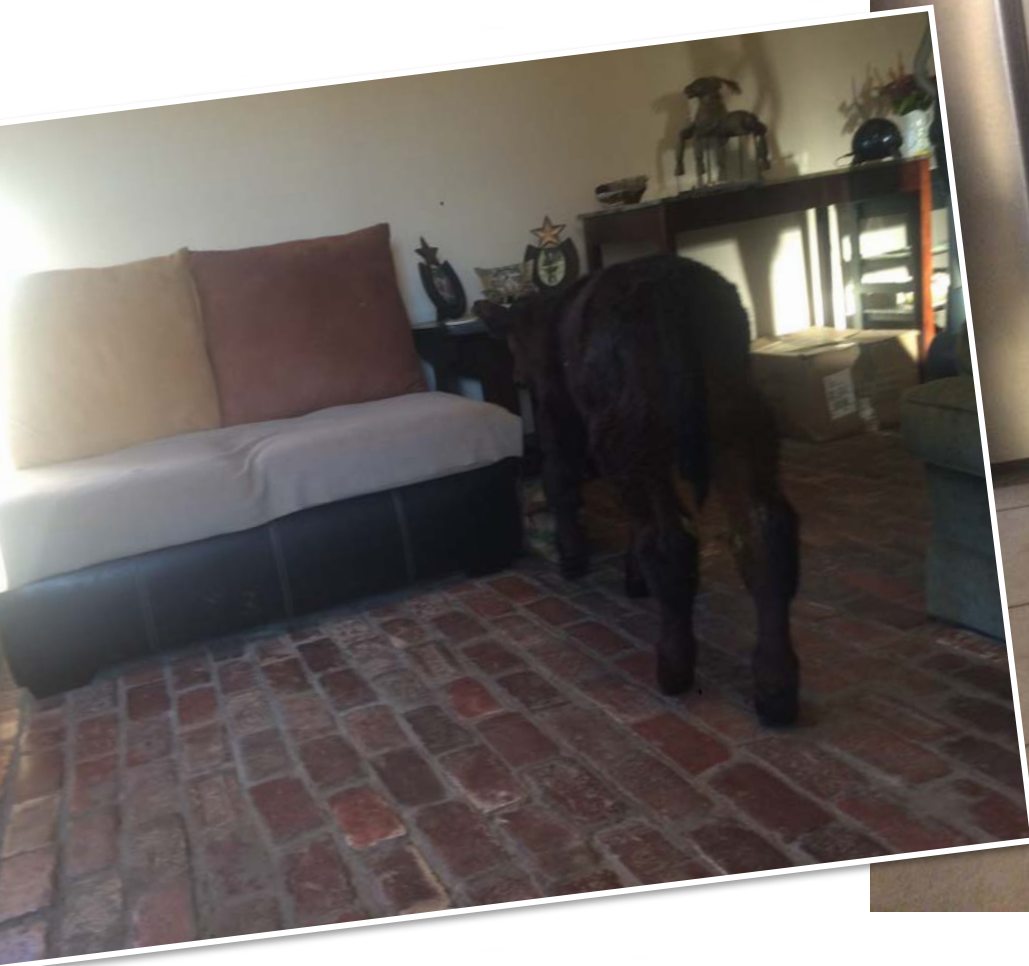




***The 10-day old Moo went from crooked legs (left) to straight legs (right) after several months of Reiki, Massage and TCL!***







*On the coldest of days we brought him into the house to give his little body a chance to recover. He enjoyed wandering through the house and looking inside the fridge to see what he could see...*





calf that was born with crooked/crippled legs, and had not been able to nurse from his mother.

We were asked to take in this new born calf who was deprived of its mother's colostrum, which resulted in a host of health issues. Of course we would take him! We took Moofasa to OSUVMC (Ohio State University Veterinary Medical Center in Columbus) where tests and x-rays showed there was nothing medically that could be done for this adorable little fella. His future was uncertain, and we would take things one day at a time. He was given a very low chance of surviving.

Volunteers helped us bottle feed him multiple times every day for many weeks. We took turns massaging his legs and providing Reiki and other energy work to help him thrive. And thrive he did! When Moofasa died on Monday, February 22, he had lived to be 4½ years old.

He was under the vet care of our local veterinarian and was taking daily anti-inflammatories to offset any discomfort. He was not only able to navigate his pastures to graze and nap in the warm sun, but he often would run and play like a typical baby cow.

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several pages of photos*





***Many volunteers showed up for feeding shifts to bottle feed “The Moo.”***



*(From Left) Angel,  
Terry and Pam*



*Kevin*



*Debbie*



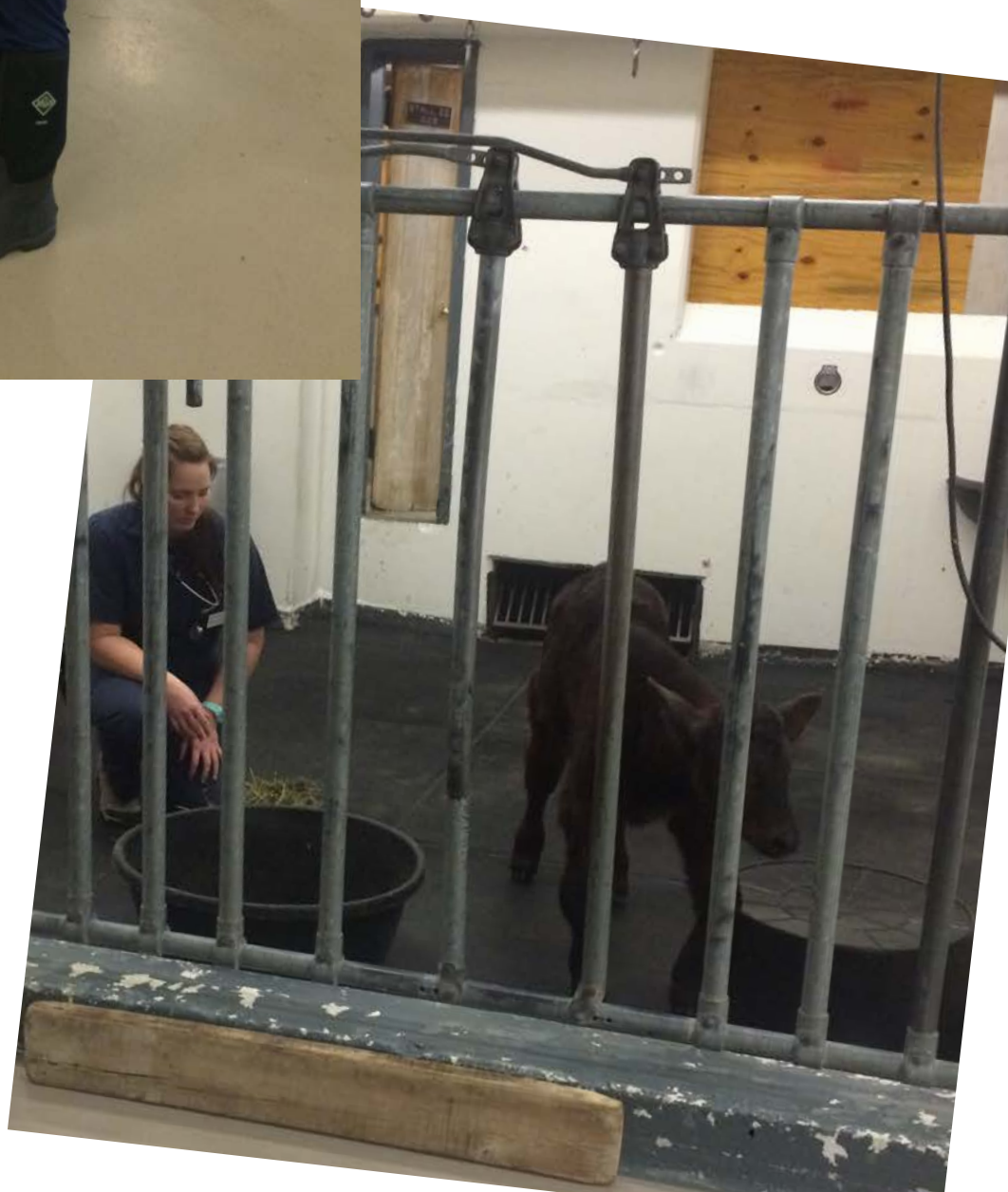


*In the back seat of the truck on our way to OSU-VMC (Ohio State University Veterinary Teaching Medical Center) in Columbus to have the baby examined and to get radiographs of his little legs. He didn't seem to mind the ride, and in fact seemed to like to "go bye in the car". But he was exhausted from all the activity of the day, and slept most of the way home.*





***The Moo had his own team of professionals at Ohio State, and he even got his own stall for the day so he could rest between his tests and exams and x-rays.***





We knew going into this rescue that he may not have the long life span we hoped for, and we continually monitored his quality of life together with our local large animal veterinarian, Dr. Randy Alger of Alger Vet Clinic in Mantua.

Moofasa enjoyed his life with his rescued cow friend, Moolan, and his rescued draft-horse friend, Levi.

All three would often nap together in the warm sunshine on the grassy hay fields.

While we were not prepared to discover that Moo had departed from this world, we are now choosing to focus on the multitude of lives he has touched, and on having gratitude for the short time we were able to share with him during these past 4½ years.

Animals often bring a deep level of healing to those who interact with them, and Moo definitely brought a beautiful sense of deep peace to all who knew him. Guests would often look for his big frame in the pasture, send him apples and ginger snap cookies, and brush his thick coat until he would moo with delight. He taught us about working within our own limitations and choosing to be happy and love life no matter what our current situation. Now that I think

***(Left) Moolan, Moofasa's cow friend who came to live at White Barn in Summer 2017.***





***The Moo grew, and grew, and grew. Both of the cows are genetically bred to gain weight quickly. Their diets are conservative, yet each have gained a substantial amount of weight as is part for the course for animals in the meat industry. The Moo's joints began to get bigger as they began to have to hold up nearly 2,000 lbs. of steer.***





about it, he was like a little Buddha cow, always imparting wisdom and life lessons for those who wished to learn.

We are grateful that in spirit his legs are healed, his body mended, and his beautiful spirit free of the confines of his earthly physical body.

Moofas was indeed, one very fine and very loved cow!

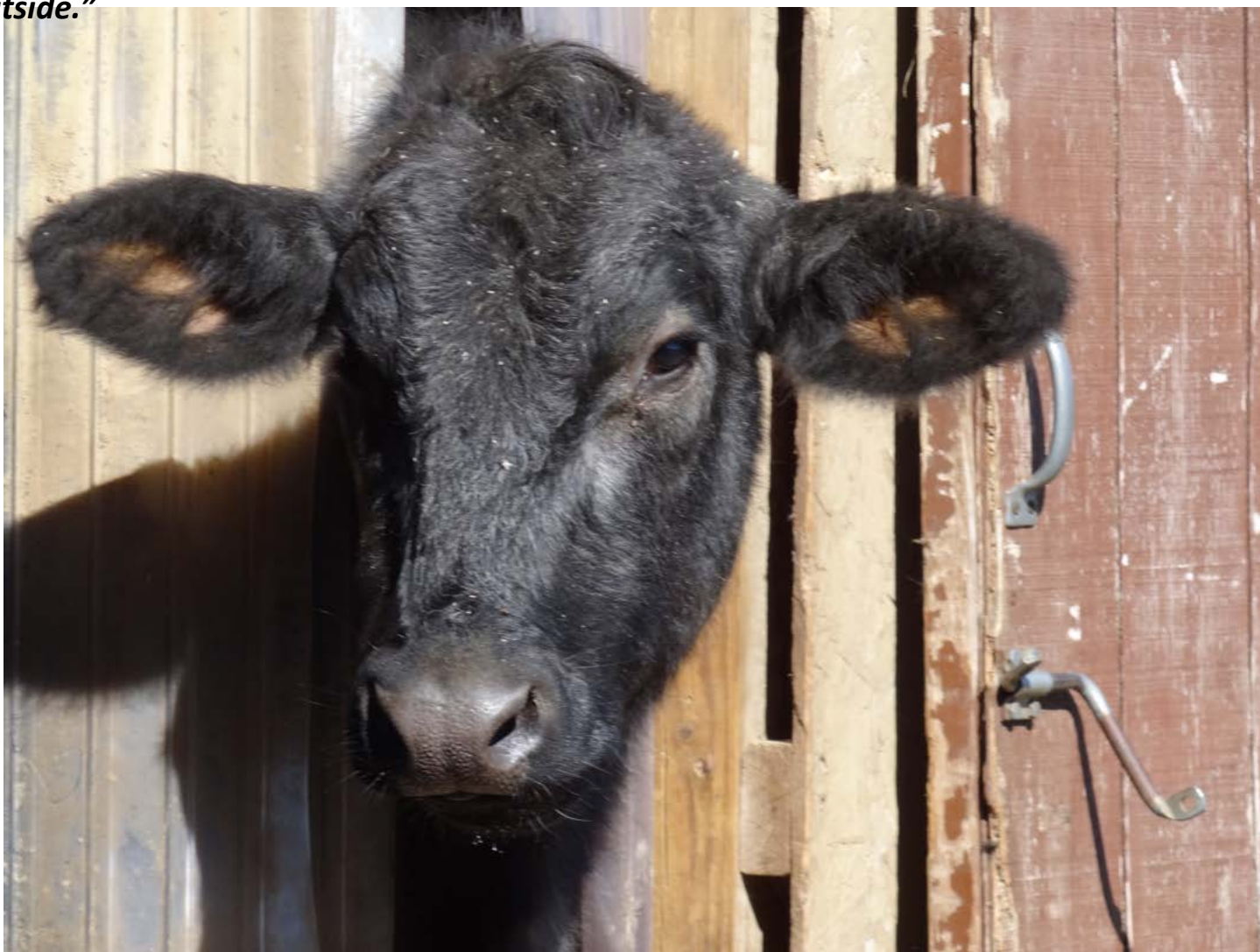
### **Moofasa's Health Care Regime**

Moofasa received the best care possible. He was on Meloxicam daily to help control pain and inflammation in his legs. We would go through approximately \$72 per month of medication for the Moo.

He ate approximately 7lbs. of grain per day at \$18 per bag, meaning he went through about one 50lb. bag



*(Right) Trying out a fall pumpkin—verdict, yes they’re delicious! (Below) “I’m just going to stick my head out of the cold weather strips by the door to see what the weather is doing outside.”*





per week at \$18. He also ate on average about half bale of hay per day, at \$4 per bale, eating about \$15 of hay per week.

Moofasa received extra thick sawdust for bedding to help him lay down comfortably, so at \$6.50 per bale of sawdust, using 2 bags per bed and going through about 6 bags per week, for a total of \$39 per week.

He was dewormed as needed, normally costing about \$40 per year. His routine vet check-up, usually twice per year, costs about \$75 per farm call.

The cost to handle his burial was \$150.

If you would like to honor Moofasa and/or the other rescued animals at White Barn Healing Arts Center, we welcome donations toward the expenses White Barn has occurred in caring for Moofasa. Visit our website at <https://whitebarnhealingarts.org/store/ols/categories/animal-sponsorship> or mail a check made payable to White Barn Healing Arts Center with a note "for Moo". Offsetting his care expenses will help us provide top quality care for other res-

***(Left) The Moo helping to haul hay into the barn. "I'll make your load lighter, let me just eat some on the way." (Right) Camera-shy Moofasa, busy eating pumpkin.***





cued animals residing at White Barn.

### **Other Animal Sponsorships**

The Rescued Animal Sponsorships Program helps provide care for the rescued animals that reside at White Barn Healing Arts Center. Each sponsor will receive an email package of a photo, history, and information about the rescued animal they are sponsoring.

Sponsors will also be invited to one of several Sponsor Days at White Barn which will be held throughout the year so sponsors can see the animals in person. You may customize and give an animal sponsorship as a gift. For more info, visit <https://whitebarnhealingarts.org/store/ols/categories/animal-sponsorship>

**So with regards to the animals in our world, what it comes down to is....**

Be kind. Teach others to be kind. Do no harm. These are the principles of healing we teach, as



*Annette and Kevin Bragg and Moofasa.*



we learn to extend our circle of compassion outwards. Our collective goal in life should be to bring healing into our own personal lives, as well support healing for other people, animals and Mother Earth. This is partially done through conscious choices we make as consumers. It includes caring for our environment and the Earth on which we live, and addressing our responsibility to extend kindness and compassion to support the quality of life and well-being of all animals.

*Many visitors can connect with the animals stories of past abuse as well as their ability to overcome, survive, and then thrive!*

In order to bring peace and healing into our own lives, we need to respect and honor ALL living beings. The rescued farm animals who reside at White Barn Healing Arts Center all have a story of rescue, of healing, and a lesson to share.



***(Left) Learning to drink water like a big cow! (Meaning no more bottles!)***  
***(Below) Watchadoin'? Is it time to go in the house?***







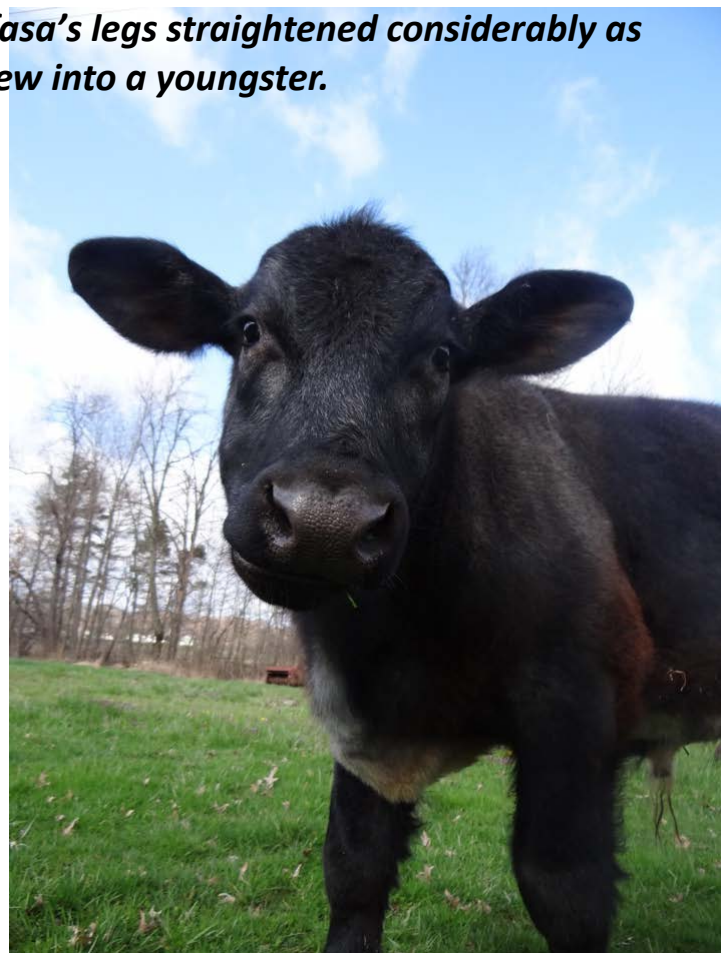
***Baby Moo, 2 weeks old, meeting the chicken residents at White Barn...***







***Moofasa's legs straightened considerably as he grew into a youngster.***



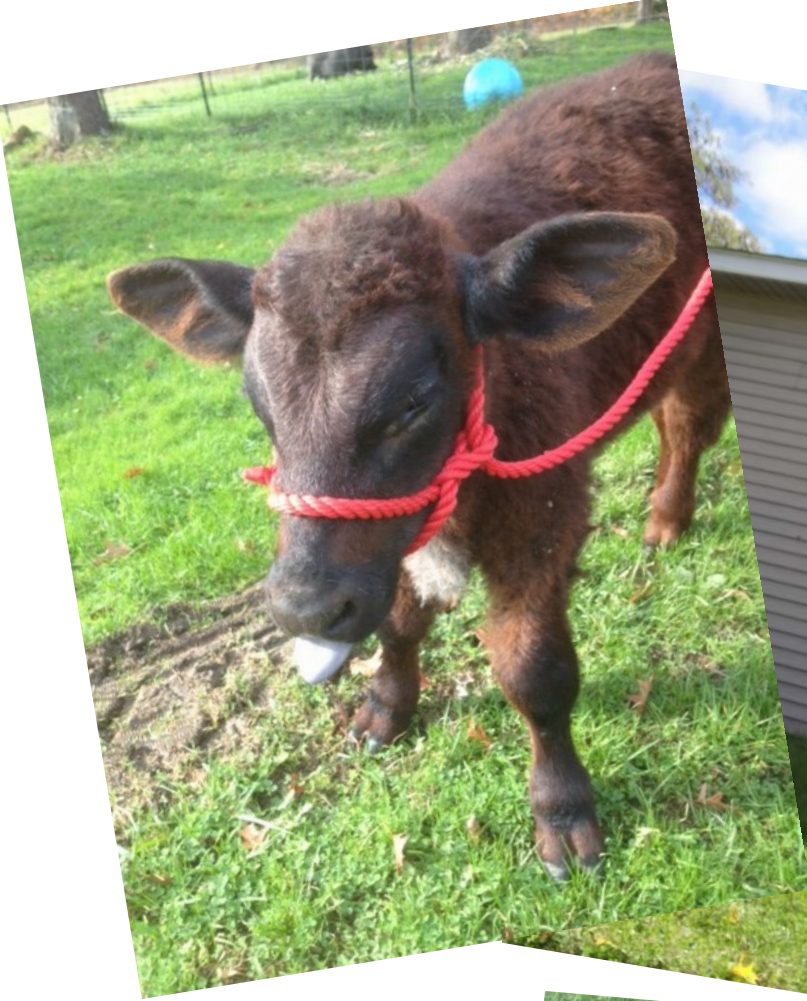




***(Above) Moo would nap in the sun with his people—here his people was Kevin. (Bottom Left) Moo loved to play with his blue inflatable ball. Great environmental enrichment for him!***







***(Above) Learning to walk politely on a lead rope and not trample the person walking with you.  
(Top right and middle right) Santa Moo  
(Below left) Baby Moo would wear a blanket when the weather was brrrr chilly!***







*Growing up,  
his color would  
change each  
season. His  
dark reddish  
brown coat  
morphed into a  
gray coat the  
following  
year...*







***Ginger Snap cookies  
were a special treat.***





*Last winter his  
coat changed to a  
rich black color—  
but no matter his  
color, he was as  
always, quite  
handsome!*







*By summer of 2020, his adult weight was starting to take a toll on his knees. The Meloxicam he was on daily helped to ease inflammation and helped him walk more comfortably.*



A black and white photograph of a cow named Moofasa lying in a stall. The cow is looking directly at the camera with a calm expression. It is lying on a bed of yellow straw. The background shows the wooden walls and metal bars of the stall. In the top left corner, there is a pink heart-shaped graphic containing the text "We love you and miss you Moo Man!". At the bottom of the image, the name "Moofasa" and the dates "July 2016—February 2021" are written in large, bold, black letters.

We love you  
and miss you  
Moo Man!

**Moofasa**

**July 2016—February 2021**