

A COW DAY

5'21"

- 0'01 Hello! My name is Laura. Even in summer the mornings are cold up here in the mountains. That's right, I'm a mountain cow, I'm a brown alpine.
- 0'12 During the summer some farmers who have cows collect them all together and take them up to the highest pastures in the mountains. Giacinto, who looks after us, takes us out to pasture every morning, to the best grass and flowers. It's great being all together. Have you noticed? Each of us has a number on a yellow card: that's so they know who we are.
- 0'34 Up here, at an altitude of two thousand metres, the grass is not tall; that's why we can't graze all the time in the same place, there wouldn't be enough grass for all of us.
- 0'44 It's very steep here and we have to be careful even though we are lucky because we have shorter legs than the cows that live on the plains. Our short legs help us to keep our balance and stop us from falling.
- 1'02 When the way is dangerous, Giacinto checks that we've all managed to keep on the path... sometimes, without meaning too we dislodge stones down the mountain... even big ones!
- 1'14 Thank goodness there was no one down below!

- 1'18 It's lovely up here. And the grass... the grass is delicious!
Each one of us has a bell with a different sound so Giacinto doesn't lose us and always knows where we are, even when it's foggy, because up here in the high mountains, we're often in the middle of the clouds.
- 1'38 There are wonderful grasses and flowers that only grow here, in the Alps, and we eat all morning long: it's called "grazing"...
- 1'47 we graze hungrily but calmly... if the bull lets us!
- 1'53 Eating special grasses, we make special milk.
- 1'59 Towards the middle of the day, I look for a nice place where I can rest and chew the cud. I bring the grass I swallowed almost without chewing back into my mouth and, slowly and calmly I chew it again. .
- 2'28 When this chewing is finished we get up...First with our bottoms or with our fronts?... Up we go!...Let's look at that again:
- 2'36 A good push at the front, up with the bottom... and then with the front hooves...
- 2'44 Drinking water from this stream is a real delight: it's cold and very clean.
- 2'52 Having a poo on these fields is good for them because it fertilises the ground and helps delicious new grass to grow.

- 3'02 About 4 o'clock in the afternoon we start to make our way back because we have quite a long way to go.
- 3'23 Here we all start to gather together to go to the milking sheds because we all have udders bursting with milk.
- 3'35 Those contraptions that look like cupboards are milking machines.
- 3'39 Now, each one of us has to wait her turn.
- 3'43 This milking machine is very noisy but it's useful because it can be moved by road and follows us around until the end of the summer.
- 3'50 While waiting to be milked our companions carry on chewing the cud...
- 3'57 At last it's my turn! To tell you the truth, I feel safer walking around in the fields even though they are steep
- 4'05 I like going into the milking machine because I love the feed they give us. It's delicious!
- 4'16 before milking me Giacinto cleans my udders. It's a question of hygiene!
- 4'22 Then he couples up the four machines that suck out the milk...
It doesn't hurt, in fact my milk has to come out...

- 4'35 All the milk, including all that from my friends, is collected into a big can that will be taken to the dairy to be made into cheese.
- 4'45 All over. After milking Giacinto disinfects the udder to protect against infection!
- 4'54 And so ends my 'Cow's Day'. Tomorrow will be another day like this one until I go back down to the farm for the winter.
- 5'06 I'm coming!
- 5'12 Good-bye from your friend Laura...
- 5'17 ... and from all my companions!

