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# ❖ THE ISCOWP NEWS ❖

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Volume 15 Issue 2

The International Society for Cow Protection

2005

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**I**SCOWP began its outreach programs for this year by holding a booth at the Ambler Campus of Temple University on Earth Day (bottom photo). Another program was the Hare Krishna Youth Ministry spending a day in June at the ISCOWP farm learning about country living (top photo). Read about these and other outreach programs in the ISCOWP Update.

One outreach program yet to come will be the the 2005 Harvest Workshop to be held August 19-21 at the ISCOWP farm in West Virginia. Join in visiting with the cows and oxen, harvesting organic produce, preparing an orgainc lunch, learning how to can and dry garden produce, and enjoy a sunset campfire on the hilltop. Please let us know if you would like to attend. There are limited accommodations at the ISCOWP farm.

## ISCOWP Outreach



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## Invite to the Harvest Workshop, August 19-21

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# ISCOWP, The International Society for Cow Protection, Inc.

## ISCOWP Profile

ISCOWP was incorporated in the state of Pennsylvania, U.S.A., March 1990, as a non-profit educational organization. William and Irene Dove (Balabhadra das and Chayadevi dasi) are its managing directors. They are disciples of His Divine Grace A.C. Bhaktivedanta Swami Prabhupada, the Founder Acharya of the International Society for Krsna Consciousness (ISKCON). Through their spiritual master's teachings, they have imbibed the practices and benefits, both spiritual and material, of lifetime cow protection.

ISCOWP's primary concern is to present alternatives to agricultural practices that support and depend upon the meat industry and industrialized, petroleum powered machinery. To this end, ISCOWP trains oxen (male cows or steers) to replace farm machinery and thereby show an alternative to their slaughter. The tenets of cow protection and ox-power are universal and nonsectarian, available to all regardless of race, creed, or nationality.

## ISCOWP Activities

### Seminars/Workshops

Workshops are given at the ISCOWP farm in living classroom settings involving hands-on instruction in self-reliant skills. Traditional classroom presentations are also available at scheduled and requested locations.

### Training Teamsters and Oxen

Teamsters and oxen are trained either individually or in group settings. At the ISCOWP Farm there are trained ox teams available for the training of students. A one week training course is available.

### Educational Materials

15 years in publication, the ISCOWP

News informs its readers of cow protection and related issues. Our web page, [www.iscowp.org](http://www.iscowp.org), offers a wide scope of information about cow protection and self-reliant skills. An assortment of other educational materials are available.

## ISCOWP Farm

ISCOWP's headquarters, consisting of 165 acres in West Virginia USA, provides a setting for seminars, hands-on instruction, ISCOWP's office, ox-power and life centered on the land and cows. Guests are welcome for scheduled events and appointments. A cabin is available for temporary residence of volunteers, trainees, and members.

## Adopt A Cow Program

Twenty-six cows and oxen are protected at ISCOWP's farm. An Adopt A Cow program is available to provide an opportunity for people to support a cow and develop a relationship with their cow and cow protection. You may adopt a cow online at: <http://www.iscowp.org/AAC/Adopt%20A%20Cow%20Today.htm>, or inquire at the ISCOWP contact information.

## Vegetarian Food Preservation

Vegetarian food gardening, preservation and preparation from the ISCOWP garden provides food for the farm residents during the summer and winter months and premiums for its members. The first Harvest Workshop was held in September 2004 that demonstrated and taught these skills.

## ISCOWP Contact To Give a Donation

All donations to ISCOWP within the USA are tax deductible. The tax number is 23-2604082. Donations may be received by credit card or

Paypal account at: <http://www.iscowp.org/Donations.htm>

## ISCOWP Mailing Address

ISCOWP  
RD 1 Box 322 A  
Moundsville, WV, USA, 26041

## ISCOWP Phone

Phone: 1-304-843-1658

## ISCOWP Internet

[ISCOWP@earthlink.net](mailto:ISCOWP@earthlink.net)  
<http://www.iscowp.org>

## ISCOWP 3x yr Newsletter

1) <http://www.iscowp.org/Membership/Membership.htm>  
2) Within USA \$21 check, Outside USA \$25 bank draft or money order to ISCOWP and sent to the ISCOWP mail address.

## ISCOWP T-shirts, videos, info

1) Please inquire at above contact info. Some styles available:  
Kiss My Ox, Love Him Don't Eat Him  
Ox Power  
Be Udderly Cool: Protect Cows  
2) <http://www.iscowp.org/T-Shirts.htm>

## ISCOWP Editors note

Details in non-editorial articles and quoted comments by those other than the editors do not necessarily represent the viewpoint of the editors.





# Harvest Workshop

2nd Annual

ISCOWP Farm West Virginia



- Meet the Cows
- Organic Gardening
- Fresh Garden Meals
- Self-sufficient Skills
- Hilltop Campfire
- Farm Housing
- Dharma Discussions
- Forest Walking Trails

August 19-21

ENJOY A WEEKEND RETREAT OF NATURAL  
BALANCED LIVING CLOSE TO THE LAND AND

304-843-1658  
[iscowp@earthlink.net](mailto:iscowp@earthlink.net)  
[www.iscowp.org](http://www.iscowp.org)

RD 1 Box 322 A  
Moundsville W.V. 26041

# The International Society for Cow Protection

Contact us if you can come, for directions, and guest facilities



## LETTERS

**Hrimati's Update**

(First article about Hrimati appeared in the ISCOWP News Volume 13 (2003) Issue 2 entitled "Who is Really Man's Best Friend?")

From: Hrimati.ACBSP@pamho.net  
To: ISCOWP@pamho.net  
Date: 2/21/2005 9:50:06 AM

First of all, I would like to announce the arrival of our new 4 legged member of our family. We named her Surabhi. Surabhi was born on Jan.13th, 2005 at our homestead in Sri Dham Mayapur, India.

So far, we are not tying her up any time during the day or night. Surabhi is a very nice and gentle little calf. During the morning hours she sits down in the sun besides her mother Vish-



nupriya, her BIG brother Balaram and her sister Sundar Nandini. Surabhi drinks milk after milking time at 6:30 am, than again at about 9'o'clock and again at about 12'o'clock. At lunch time, we put up a small fence so that her mother can eat in peace. At that time, Surabhi comes and spends time by my side. She watches me do my chores and even comes in the house to see what I am cooking (although I don't really like her in the house so much) When I take a nap, she lies down right beside me on the veranda. At 4'o'clock All the cows go out 2 hours for a stroll into the forest. This is Surabhi's favorite time during the day. She gets to explore and meet other cow friends. At evening milking time we

take a little milk for my boys and the rest Surabhi gets to drink. After she had her dinner she goes (by herself) in her little corner under her mosquito net and sits down for a night's rest. Surabhi is really a nice little happy calf.

I remember visiting your place not far from the temple in Mayapur. It was one of the highlights of the Cow Protection class I gave that year. The boys very much appreciated seeing Balaram plowing and also seeing the relationship that the cows



**Top:** Surabhi  
**Middle:** Hrimati's new home  
**Bottom:** Goshalla (cow barn)



From: balabhadra.iscowp@earthlink.net  
Date: 23-Feb-05 21:05 (16:05 -0500)  
Cc: Hrimati (dd) ACBSP (Mayapur - IN)

Congratulations on the arrival of Surabhi as an addition to your family. She sounds quite lovely and special.

and your family shared. How is your bullock cart and Balaram? If my memory serves me correctly, you had mentioned about getting some more land adjacent to your place. Did that happen?

From: Hrimati.ACBSP@pamho.net  
To: ISCOWP@pamho.net  
Date: 3/21/2005 8:50:06 AM

Yes, we acquired some more land adjacent to our place. We tried growing some oats for the cows this year. I think it needs to be grown in the colds season, because it is not doing too good. Do oats need a lot of water?

We are just about ready to plant corn. Tomorrow Balaram will plow. If you know someone who is coming to Mayapur, who would like to bring some sweet corn seeds for us; please let me know.

Balaram has grown to be the largest cow in Mayapur. He still pulls the cart. We are using the cart a lot lately to get building supplies. Balaram can carry up to 1500 Kg.

## Farm animals 'need emotional TLC'

From: Hare Krsna dasi  
<npetroff@bowdoin.edu>  
To: <iscowp@earthlink.net>  
Date: 4/12/2005 8:37:00 PM  
Subject: BBC E-mail: Farm animals  
'need emotional TLC'

Hare Krsna dasi saw this story on BBC News Online and thought you should see it.

Farm animals 'need emotional TLC'  
March 18, 2005  
By Julianna Kettlewell  
BBC News science reporter

Cows enjoy solving problems, according to researchers. Farm animals have feelings which should be respected and catered for, academics at a London, UK, meeting have said.

They believe animals should not be dismissed as simple automatons - cows take pleasure in solving problems and sheep can form deep friendships.

Delegates from around the globe were speaking at the Compassion in World Farming Trust (CIWF Trust) conference.

They shared ways of exploring the minds of animals, as well as monitoring their suffering and alleviating their pain.

"The study of animal sentience is one of the most exciting and important in the whole of biology," said Professor Marian Dawkins, of Oxford University.

"My plea is that, when we make decisions and regulations about animals and campaign for them, the animals' voices should be heard and heard strongly."

For whatever reasons, we humans tend to draw a charmed ring around ourselves - we suppose we are the only ones that think thoughts and feel feelings.

We are happy to ascribe emotions to a tiny flailing inarticulate baby, while denying them in a sheep or even a chimpanzee.

Talk of animal sentience is often brushed off as fluffy and sentimental - not the stuff of science or the real world.

Our eyes only?

But perhaps we have been too hasty in our dismissal - perhaps consciousness does not peer through our eyes alone.

Farm animals are more productive if they are treated well

"They are not unfeeling objects," said Professor Marc Bekoff, of the University of Colorado, US.

"And what animals feel matters very much as they try to negotiate their lives in a human-dominated and often abusive world, in which they are mere pawns in our incessant and obsessive attempts to control their lives for our and not their benefit.

"I am incredulous that some skeptics actually question whether animals feel anything."

Now there is a growing weight of evidence to suggest animal minds probably do house emotions quite similar to our own.

Professor Donald Broom, from

Cambridge University, studies the behavior of cows.

His team put them in a special pen which had a lever that, when pressed, would release the cows into a field with lots of delicious food rewards.

Non-human animals probably feel emotions like fear and anger. The researchers found that when the cows finally "clicked" and worked out how to press the lever to reach the food, they showed signs of delight.

"When they learnt it they showed an excitement response," Professor Broom told the BBC. "Their heart rates increased and they were more likely to jump and gallop when they went down towards the food.

"It was as if the animals were saying 'Eureka! I've found out how to solve the problem'."

He continued: "We need to have a certain amount of respect for these animals, and I think most people have more respect for an animal if they feel it's aware of what's going on."

More milk

Being kind to farm animals isn't just a moral duty - according to the CIWF Trust delegates; there is something in it for us, too. Cows, for example, produce significantly more milk if their handlers talk to them gently rather than shouting and pushing them around.

"The handlers don't have to be really mean and hit the cows," said Edmund Pajor of Purdue University, US. "It's just a slap on the rump in the way that many farmers would. But the cows don't like it and it makes a real difference.

(Continued on page 13)



**L** Outreach, Earth Day, April 22, Temple University, Ambler Campus

We are developing a slideshow to educate people about cow protection and ISCOWP. We now have a laptop and projector that allows us to be able to make these presentations wherever there is an interest. We completed the slideshow for its first presentation on Earth Day. We have yet to add music, disc label, and a few other things. However, it was a booth pleaser at the Earth Day presentation. We showed the slideshow from the laptop computer. The attendees were mostly groups of schoolchildren who liked the slideshow a lot and put donations in the donation box. Given a good location, we openly explained about our vegetarian position of cow protection. The teachers were just as receptive as the children. Approximately 6000 visitors attended.

### Inspiration Festival

ISCOWP's class "Not Just Milk" and the ISCOWP booth were well received



*Bhakti & Kripa visit their adopted cow Vishaka*

# ISCOWP Update



*Krsna and Balaram having fun after a training lesson in March*

at the Inspiration Festival held May 7<sup>th</sup>. The class consisted of lively discussion, which continued beyond the hour and forty-five minute time limit. Our table displaying T-shirts, literature, photos and some dried organic produce from our garden was available Saturday. Sunday we had 6 groups of guests come to the farm to visit the cows.

### Cows

The cows have been on pasture since April eight. They are all very happy to munch on the green grass. Their winter coats have shed and they look very sleek. Krishna and Balaram (saved from the slaughterhouse) are learning the commands "Gee" and "Haw". They are trained a minimum of 3 times a week.

Fencing is important on any farm to contain and protect the farm animals. During the winter, ¾ of a mile of fencing on one side of the farm went down and we are in the process of

fixing it. We have fixed ¼ mile of it. The hole for each post is dug by hand, so it is a labor-intensive project.



*Atitaguna & Sita visit Vraja and Gita*





**Left:** Members of the Hare Krishna Youth Ministry weeded, made cages for the tomatoes and mulched. Forty youth spent two hours in the garden saving Balabhadra eighty hours of service in the garden.

**Bottom:** Lakshmi teaching a workshop in canning kale.

### Hare Krishna Youth Ministry Workshop

On June 27, the Hare Krishna Youth Ministry visited the ISCOWP farm for a farm workshop. There were approximately 40 attendees. The day began with meeting Krishna and Balaram and watching them demonstrate what they have learned in their schooling as a working team of oxen. They both loved the applause given by the youth when they successfully responded to their voice commands. Balaram was such a showoff in front of the cameras! Not only were we taking photos for you our members but the youth had a video camera. After the demonstration, the youth got a chance to be teamsters with Krishna and Balaram under the supervision of Balabhadra and Bhakta Dave.

Next, was a tour of the ISCOWP garden, a class with questions and answers on the topics of varnasrama and self-sufficiency, and lunch. Lakshmi was the main cook. She prepared a lunch using the chard from our organic garden to make chard lasagna which also contained canned zucchini and tomato vegetable from last year. The canned vegetable was blended to make the sauce for the lasagna. Dried pumpkin from last year's garden was used to

make delicious pumpkin pie. Chard was also included in a big salad along with garden peas. Everything was delicious!

After lunch there was a contest between the boys and the girls to see who could pull some big logs a designated distance. This was to show what the oxen do and how by working as a team it is easier and more successful than by working with just one ox.

Two workshops were held. How to can kale was taught by Lakshmi.

The students picked the kale from the front rock garden, cleaned it, cut it, cooked it down, and canned it. Each student got a chance to can their own jar to get a hands-on experience. The other class, how to make comfrey salve, was given by Balabhadra. Comfrey was picked from the garden, cleaned, the leaves separated from the stems and chopped. It was then soaked in olive oil. A batch made the day before by Jamie, a previous student, was cooked down and jarred because the comfrey has to sit

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Last winter I wanted to send you all a letter telling you about the mud situation in the barnyard area. We did not have the figures at that time to give as to the cost of the project. Here was the letter I was going to send with the figures just now received. We have limited the project because there is not so much time left to get it completed by winter. Just the worst part of the problem is now being addressed.

There is a section of the barnyard between the new loafing barn and the silo that is deep in mud. In my attempt to snap you a picture of this, I decided



*Stuck in mud*

cause as I tried to pull my foot out of the mud, I discovered I was stuck knee deep. Again, I had a hands-on experience as to what the cows must experience.

At this time the weather was not warm and when it does get warm the area will become worse as the earth will expand and the snow and any ice will melt.

Another problem is the big barns never had gutters installed. Without proper drainage, areas such as the front of the barn, are dangerously deep in mud. Ideally, the area in the



*Bottom: Top picture shows the loafing barn and some of the area from the loafing barn to the big barns that needs to be cemented.*

*Left: Gaurangi considering another step to get from the loafing barn to the big barns. Last year the loafing barn, then a shed, had a similar problem with mud. Because of your donations, the loafing barn floor was cemented and the building expanded. Now there is no mud problem there. Wherever there are big animals and rain there is bound to be mud. When the ground is cemented the mud is alleviated. Our practice is to put hay on the cement and then combined with their dung, a soft bed is created for the cows. In the warmer weather the cows are out on pasture and life is much more pleasant for everyone.*



to go around the silo where I thought there was less mud. I wanted to be in a better position to take a picture of Gaurangi (one of the female cows) who was up to her knees in mud a few yards away. To my surprise, my foot went deep into the earth and my boot filled up with freezing slush and mud! My first thought was, well this must be how the cows feel when they have to

cross this area to get from the loafing barn to the big barns. No wonder Gaurangi was hesitating to take another step.

It was a good thing that William (Balabhadra das) was with me be-

front of the barn between the last and second to last pole should be cemented also. Just installing gutters will direct the rain water away from the



# Remove the Mud!



barn and therefore help tremendously.

The picture on this page shows the area in front of the barn and how the water drains directly from the roof onto the ground. The area from the last pole to the second to the last pole becomes wet also because of the absorbent materials that are next to the wet area in the front of the barn.

For the area from the last pole to the second to last pole, the first step would be to clean it out which would be bring it down 12 inches approximately, fill it up 18 inches with shale and then cement it about 6 inches deep to bring it level with the rest of the barn floor. This is not as crucial as the area between the loafing shed and the big barns. However, this area needs improvement as the cows must traverse it and often sit there, as it is a sunny spot in winter.

Right now the cows are on pasture and the problem is temporarily not a danger, but as soon as they are confined again, which is usually sometime in November, the problem will become serious again.

Here is the financial breakdown of each project:

## AREA BETWEEN THE LOAFING BARN AND BIG BARN

Shale	\$1000
Excavating	\$1200
Rental of Machines	\$1000
Cement	\$6000
Wire	\$ 675
Labor	\$1000
<b>TOTAL</b>	<b>\$13000</b>

## GUTTERS

Gutters	\$1000
Trenching	\$1000
<b>TOTAL</b>	<b>\$2000</b>

## LONG AREA IN FRONT OF BARN

Shale	\$2550
Excavating	\$2400
Rental of machines	\$1000
Cement	\$6000
Wire	\$364
Labor	\$1000
<b>TOTAL</b>	<b>\$13315</b>

## TOTAL OF ALL PROJECTS

**\$28315**

Top: No gutters on the roof creates mud nearby.

Bottom: Finally getting out of mud.



Your past support has been indispensable in creating a comfortable situation for the cows at the ISCOWP farm. We are eternally grateful for

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# Agriculture and the Post Petroleum Era

WRITTEN FOR THE ISCOWP NEWS BY CHAND PRASAD PH.D. ,

AN AGRICULTURAL ECONOMIST-FORMERLY SENIOR ANALYST AT A TOP ENERGY COMPANY

Oil is the lifeblood of industrial economies and modern agriculture throughout the world. But oil is also a finite, nonrenewable resource that is being rapidly depleted by Western societies and less developed countries that aspire for higher consumption levels. The United States alone uses approximately 20 million barrels per day – about one-fourth of global consumption. Oil production will peak at some point and then decline, leading to sharp price increases and painful adjustment costs, particularly for those who are strongly attached to the amenities provided by petroleum-based production and transport systems. One bright spot is that these difficulties may encourage an increasing number of people to question the values and assumptions upon which society attempts to sustain opulence and prosperity through dependence on finite resources.

Rising energy prices will impose economic hardships well before the earth runs out of economically accessible supplies of oil, and perhaps even before oil production attains its maximum daily (peak) amount, after which it then declines. The International Energy Agency (1998) estimated that conventional oil production could peak between years 2010 and 2020, while Campbell & Laherrere (1998) put the year before 2010. It is important to note that even before we reach this maximum, the costs of extracting petroleum could rise sharply, as oil companies are compelled to tap into oil deposits that are less accessible. The result is higher energy prices charged to consumers and businesses, which is equivalent to a massive tax that drastically reduces economic

growth, particularly in countries that depend heavily on imported energy. Moreover, it takes a certain amount of energy to produce oil. Higher en-

ergy costs will therefore increase the costs of extracting oil and natural gas, implying a self-reinforcing, albeit decaying, feedback effect in which rising petroleum costs calls forth still higher energy prices. Finally, the costs of extracting oil will exceed the benefits, implying that further production is not economical.



*Plowing paddy fields with ox-power at Labangalatika's farm (Govardhan Trust)*

Although technological optimists maintain that we are unlikely to experience a global catastrophe precipitated by growing energy constraints, faith in technological solutions may not be realistic in the face of shortages of essential natural resources, and may even be counterproductive if such faith leads to complacency about the future. The current climate of apathy, combined with growing

gas production will peak sooner or later, and if it turns out to be later when the world population is substantially larger, the crisis and adjustment costs will also be substantially larger.

The real population problem is not the growing quantity of individuals, but rather the degraded quality of the human race. Specifically, the more important factor is the rapidly deteriorating spiritual consciousness (and physical health) of the population, due to the growing prevalence of cruel, meat-centered diets in vast, heavily populated parts of the world such as South and Southeast Asia. Intensive animal agriculture, a production model that is being steadily adopted throughout the world, is a vast user



of fossil fuel, mainly for the production of feed. In the U.S., one ton of oil (2000 pounds or 6.75 barrels) is required to produce one steer weighing 1250 pounds (Pollan, 2002). One acre of corn production in the U.S. requires approximately 140 gallons of oil (Pimentel, 2001), and if the corn goes to livestock, only about one-fifth of the protein is returned as food, and four-fifths of it is lost (McLaren et al, 1998).

Agriculture is particularly vulnerable to rising costs of petroleum, including natural gas, which will be depleted at approximately the same time as oil. Agricultural productivity rose sharply in the 20<sup>th</sup> century with the advent of the green revolution, which draws heavily on mechanization, petrochemicals, and biotechnology. Vast amounts of land are plowed, planted, and harvested using diesel or gasoline powered farm machinery in place of human and animal labor. One hundred years ago, roughly half of the U.S. population was engaged in agriculture, while now that figure is less than 2 percent. Agricultural production and processing has become specialized, geographically concentrated, and centralized. Transportation and delivery systems that connect farming regions to cities rely critically on oil driven vehicles.

The adoption of new seed varieties has intensified our dependence on petroleum-based chemical inputs. Natural gas is an ingredient for manufacturing the chemical fertilizers that support high crop yields in modern agriculture, while oil is a raw material for producing pesticides. The high yielding seed varieties (products of biotechnology) are more productive because they respond strongly to petroleum-based chemical fertilizer. For example, corn yields would fall dramatically from 130 bushels per acre to approximately 30 bushels, in the absence of

chemical fertilizers, pesticides, and petroleum powered irrigation (Youngquist, 1999). Although technological optimists maintain that a global catastrophe is unlikely, it is important to consider that one of the most powerful principles of risk management is that it is irrational to ignore low probability events if they are extremely costly.

The size and severity of the energy challenge is growing ever more daunting due to the spread of modern agricultural practices that use land to convert petroleum into food. However, we do not appear to be moving quickly towards a technological solution to the growing energy constraints. By now it should be clear that alternative energy sources are no substitute for petroleum in the production of fertilizers and pesticides. For example, natural gas is chemically converted into ammonia based fertilizers. Petroleum products are actual ingredients in manufacturing fertilizers and pesticides, while alternative energy sources (nuclear, hydroelectric power, solar, geothermal, and tides) produce electricity. It may come as a surprise to many that alternative energy sources, particularly those that produce electricity, cannot easily substitute for petroleum products even in the operation of farm machinery and transport equipment. One gallon of gasoline, which has the same energy content as one ton of conventional electric batteries (Youngquist, 1999), can be transported at a much lower cost to distant locations to power the huge machines used in large scale farming. Ethanol is a subsidy supported energy negative that requires about 71% more energy to produce than is obtained, while at the same time using nonrenewable fossil energy (Pimentel, 1998).

The human race gambled by building economic and social systems that depend critically on nonrenewable energy. Time is rapidly running out and

yet there is no comprehensive substitute for oil. Consequently, virtually all of our eggs remain in the petroleum basket, for the time being anyway. Individuals will always have the choice to keep gambling until everything is lost. But rather than defining human progress in terms of technological advances, it is far more practical to recognize that true progress means improving the quality of desires. It is precisely the desire for unnecessarily high consumption levels that will continue to put us into awkward positions. The quality of desires can only be refined and improved through a more spiritually oriented society, and that is the real solution. If there are to be any winners, they are likely to be self-sufficient farmers that use their own labor, draft animals, and robust time-tested Creole seeds that can be replanted year after year. The International Society for Cow Protection (ISCOWP) is maintaining the necessary knowledge base for working with draft animals, thereby demonstrating a sustainable alternative to industrial agriculture. This knowledge base originates from India of Vedic times, and was imparted to ISCOWP through A.C. Bhaktivedanta Swami Prabhupada.

*International Energy Agency. (1998). World energy prospects to 2020. Paper prepared for the G8 energy ministers' meeting Moscow, 31 March-April 1.*

*Campbell, Colin J. & Jean H. Laherrere, "The End of Cheap Oil", Scientific American, March 1998, pp. 78-83.*

*Youngquist, Walter, "The Post-Petroleum Paradigm -- and Population", Population and Environment: A Journal of Interdisciplinary Studies Volume 20, Number 4, March 1999*

*Pimentel, David, Encyclopedia of Physical Sciences and Technology, September 2001.*

(Continued on page 15)

*(Continued from page 7)*

*ISCOWP Update*

in the olive oil at least eight hours.

After the workshops, members of the Hare Krishna Youth Ministry weeded, made cages for the tomatoes, and mulched. Forty youth spent two hours in the garden saving Balabhadra eighty hours of service in the garden. Many thanks to the Youth Ministry! Dave and Jamie Hunt, who own land bordering ISCOWP's, hosted the youth with a campfire complete with vegan marshmallows. Bhakta Dave was one of the students of ISCOWP's Train a Teamster Campaign in 1996. The youth had a great time dancing and singing around the campfire. They all left in the evening tired from a day of country living.



*Let's see what it is like to be oxen!*

### Garden

The garden is growing nicely. Peas, Swiss chard and kale are being harvested. Other plants in the garden are Japanese eggplant, 3 varieties of tomatoes totaling 400 plants, 3 types of peppers totaling 200 plants, 2 types of bush beans, urd dhal, tomatillos, 2 types of basil, cilantro, 2 types of zucchini, lemon cucumbers, 4 types of winter squash, a big patch of Jerusalem Artichokes, Brussel sprouts, broccoli, and comfrey. We have planted zinnias, marigolds, calendulas and dahlias as well. Yukon gold is our potato of choice and this year again we planted 100 lbs. for family consumption. We have a nice group of volunteer yellow



*The comfrey salve workshop separating the leaves from the stems*

crook neck squash so there was no need to plant more of them. This year we have increased our bitter melon crop to 100 plants.

The garden is 3/4th planted as we do stagger plant some crops so not everything needs to be harvested at the same time. Bush beans will have 2 more plantings and baby pumpkins will be planted soon. The mulching of the tomatoes and peppers is fin-

ished and the tomatoes are almost all caged.

We are fortunate this summer to have help with the farm chores from two local boys Nirguna and Tulsi. They will be coming 4 to 5 days a week to do chores around the farm. We are paying them a wage that they

*(Continued on page 15)*

*Learning how to be teamsters under the supervision of Balabhadra and Bhakta Dave.*





(Continued from page 5)  
LETTERS

Talk about animals' feelings is often brushed off as fluffy and sentimental "It helps send a message about treating animals in a proper way. A number of dairy farms now have signs up saying 'please don't shout at the cows'."

The famous chimpanzee expert Jane Goodall, in her opening speech at the conference, said we needed to re-define the way we viewed animals, both tame and wild.

Dr Goodall, 71, who has spent 45 years studying chimps in Africa, told the CIWF Trust delegates that humans and chimps were strikingly similar - that both shared a capacity for barbarity but were also capable of great altruism.

She described how she had seen chimps come to the aid of others who had been frightened, orphaned or injured, demonstrating "a care and compassion indistinguishable from our own".

She said: "We have to understand we are not the only beings on this planet with personalities and minds."

## How Do I Dry Bitter Melon?

From: Diana Khan

To: iscowp@earthlink.net

Sent: 5/26/2005 10:33:13 AM

Subject: Help! How do I dry Bitter Melon?

How do I dry Bitter Melon? I am diabetic and do not have the fruit year round. So how do I dry it to make it accessible. Do I need special equipment?

*Iscowp Inc* <iscowp@earthlink.net> wrote:

Cut the Bitter Melon in about 1/4

inch slices and put on a screen to dry in the sun if you have a lot of sun. They should be stiff when they are ready and fully dried. We use an Excaliber dryer which is very good. We can't depend on the sun here.

**From:** Diana Khan

**To:** iscowp@earthlink.net

**Sent:** 5/28/2005 8:37:38 PM

**Subject:** RE: Help! How do I dry Bitter Melon?

Thank you Irene for your prompt help. I am diabetic and find that if I manage to eat dried Bitter Melon three times a day, my blood sugar levels are very manageable. However, my motivating force behind all this is that I read where British researchers have done research and report that if a diabetic Type II, manages to eat Bitter Melon three to four times a day for one whole month, symptoms of the disease do not reappear. I hope it is not a hoax. Bitter Melon does not interfere with medication so there is no harm done.

I am considering buying the Excaliber Dryer 2900, I know its big, but who knows where this road will lead me.

*From:* holycow108@earthlink.net

*To:* iscowp@earthlink.net

*Sent:* 6/29/2005 11:45:20 AM

*Subject:* U.S. Seeks Source of Mad Cow Infection

## U.S. Seeks Source of Mad Cow Infection

ABC News

U.S. Hopes DNA Tests to Find Herd Where Diseased Cow Came From Can Lead to Source of Infection

The U.S. Agriculture Department said Friday it has confirmed the first case of mad cow disease in United States born animal after a retest of that animal at an internationally recognized institute in Britain.

By LIBBY QUAID Associated Press Writer

The Associated Press

WASHINGTON Jun 25, 2005 — The government hopes DNA tests to find the herd where the cow with mad cow disease came from can lead to the source of the infection, an Agriculture Department official said Saturday.

The United States confirmed what may be its first homegrown case of mad cow disease on Friday, seven months after officials first suspected the animal might be infected.

Pinpointing the cow's herd will help track the animal's feed and explain how it became infected. The only known way the disease spreads is through feeding infected cattle remains to other cattle, which the U.S. banned in 1997

"We're pretty confident that we have the herd, but we want to make sure," John Clifford, the department's chief veterinarian, said in an interview with The Associated Press. "Testing is being done now on tissue from cows that may have been herd mates."

The effort is complicated by mistakes made after the animal was killed. The cow's type of breed was accidentally mislabeled, and its tissues were mixed with tissues from other cows, Clifford said.

Despite the delay in reliable results, the government says the food safeguards are working well.

"The fact that this animal was blocked from entering the food supply tells us that our safeguards are working exactly as they should," Agriculture Secretary Mike Johanns said at a news conference Friday.

Still, the emergence of a native-born case could cast a shadow over the

nation's 96 million cattle, the largest herd in the world. Taiwan, which imported more than \$76 million in U.S. beef in 2003, announced Saturday it would immediately reimpose its ban on U.S. beef. Japan, once the largest importer of U.S. beef, still has not lifted its ban.

The only previous U.S. case, confirmed in December 2003, was in a dairy cow that had been imported from Canada, where three other cases have been found. Even that 2003 case involving an imported animal prompted some 50 nations to ban U.S. beef imports.

While Johanns would not say where the cow turned up, he said there was no evidence it was imported.

Johanns said the new case was no surprise, given that the department is testing about 1,000 cattle a day. Since escalating its testing after the 2003 case, the government has screened about 388,000 animals.

An internationally recognized laboratory in Weybridge, England, confirmed the new case Friday after U.S. tests produced conflicting results.

The animal was a "downer" that could not walk and was delivered to a rendering plant for animals unfit for human consumption. The government banned downer cows from the food supply just days after the 2003 case.

The ban on downer cows is one of many safeguards aimed at keeping the disease from getting into the food or feed supply.

Also banned are tissues, including the brain, skull and spinal cord, from older cows believed to carry the disease. Those materials must be removed from slaughtered cows older than 30 months because it is believed that infection levels increase with age.

In addition, the U.S. and Canada banned the use of cattle parts in cattle

feed in 1997 following the mad cow disease outbreak in Britain.

Officials have not said how old the infected U.S. cow was but said it was born before the feed ban.

The feed ban has loopholes allowing cattle to be fed poultry litter, blood and restaurant leftovers, all potential pathways for mad cow disease.

The new case was confirmed after a series of conflicting test results.

The department did initial screening using a "rapid test," which was positive. A more detailed immunohistochemistry, or IHC test, was negative. But the department did not conduct a third round, using the Western blot, until the department's inspector general, Phyllis Fong, ordered it to do so two weeks ago. Fong has not explained why she ordered new tests.

Mad cow disease medically known as bovine spongiform encephalopathy, or BSE kills brain cells and leaves spongy holes behind. A form of the disease in people is variant Creutzfeldt-Jakob disease. It has been linked to the consumption of contaminated meat. The disease has killed about 150 people worldwide, mostly in Britain.

### **How Long are Calves Allowed to Suckle?**

From: iscowp@earthlink.net

To: GraciaFaye@hotmail.com

Date: 7/16/2004 4:02:24 PM

Subject: how long are calves allowed to suckle ?

Dear Gracia,

On 4/29/04, I received a phone call from a God brother by the name of Madhusudana. He had met you at a program and you had inquired about cows and cow care according to the Krishna Philosophy. He has asked me to respond to your inquiry.

The issue of milk can become a heated debate. Currently the exploitation of innocent animals commonly referred to as FACTORY FARMING has made many people into vegetarians and some into vegans. On the Krishna farms in the early days, milk was the all in all. However, after the math was done and all of the farms discovered that they had too many cows/oxen for them to take care of, the breeding of cows for milk was curtailed severely to just supply the farm community itself with its milk needs and none for sale to the city temples or outside neighbors.

Each piece of land has what is called CARRYING CAPACITY. This means that only so many animals can be taken care of from that given piece of land. For example, the farm in Port Royal, Pennsylvania had a carrying capacity of 1 cow per 3 acres of land and the farm in Moundsville, West Virginia was 1 cow per 5 acres of land. The farm in Pennsylvania stopped breeding, except for 3 cows every few years, in 1985. At that time, there were 157 cows/oxen. Now there are 24 cows/oxen on that farm.

In the Krishna philosophy there is no question of killing the cows. The cow and bull are considered as one of the sets of Mother and Father and respected as such. The term LIFE TIME PROTECTION is what we follow, and it must be quality care. According to the Vedas, the ancient scriptures of India, cows' milk is a perfect food in a material sense and in a spiritual sense; cows' milk is referred to as liquid religiosity. The four legs of the cow represent the four pillars of religious life: TRUTH-FULLNESS, CLEANLINESS, MERCY (COMPASSION), and AUSTERITY. By killing the cow, the four legs of religious life are destroyed within society.

When the cow has a calf, the western



dairyman takes the calf away immediately and feeds the calf by bottle (with commercial milk replacer) so the mother cow can get back into the milking herd and produce milk for \$\$\$\$\$\$. The bull calves either go into veal operations or are allowed to grow to about 2 years of age and then sent to slaughter. The first 2 years are the main growth years of a cow and they will reach upwards of 1000-1200 lbs. according to breed.

The eastern practice is different. After the calf is born and the mother has cleaned the calf and the calf has suckled its first milk from the mother the calf is then separated from the mother. However, the calf and mother are kept within site of each other. If the calf is left with the mother, the possibility of the calf taking too much milk is a constant concern. The problem of a calf taking too much milk is commonly called scours, which is severe diarrhea that can dehydrate the calf and actually kill it. So, the calves do need separated but not in the way of the western dairy mentality.

At milking time, the calf is brought to its mother and allowed to suckle which helps the mother let her milk down. When the cow relaxes her milk, the calf is brought close to the head of the mother so they can lick each other and the milkman can milk the mother. However, the milkman does not take all of the milk. If the mother is a big milker, the calf is left 1 teat or 1/4 of the cow's milk. If the cow is a small milker then the calf is left 2 teats or 1/2 of the cow's milk for its nourishment. After milking (usually about 1/2 hr.), the calf and mother are again separated until the next milking. The concern is for the calf having enough milk for nourishment but not enough to cause scours.

The calf and mother interact this way for 12-16 weeks at which time the calf is weaned if in the West and longer in India as it is more of a cultural thing

and the cows are reluctant to let their milk down without the calf coming to suckle.

In speaking with many vegans we ask them if they could get cruelty free milk from lifetime protected cows would they take dairy products as part of their diet. About 95% said that they would take dairy products if they could get cruelty free lifetime protected dairy products. They don't want to support the factory farming by buying commercial dairy products or as some people say BLOOD MILK.

*(Continued from page 12)*  
*ISCOWP Update*

need for their living expenses during their college summer vacation. They just put in the poles for a fence around the extended garden. This saved Balabhadra a lot of hard labor as the holes must be dug by hand.

### **Rudra Babaji**

Rudra has caught 9 groundhogs and 3 rabbits so far this season. We are very proud of him and happy that he is turning out to be a very good gar-



*Tulsi and Nirguna digging holes for fence posts*

den protector. Recently, he had an accident and ripped a dewclaw that had to be removed. He had to be restricted for 10 days until the removal of his stitches. Although an affectionate fellow, he was not a good patient.

*Continued from page 11*  
*Ox Power Experts Meet*

*Pimentel, D. (1998). Energy and dollar costs of ethanol production with corn. Hubbert Center Newsletter, 98/2 M, King Hubbert Center for Petroleum Supply Studies.*

*McLaren D., Bullock S. and Yousuf N., Tomorrow's World, A report from Friends of the Earth. London, Earthscan Publications Ltd, chapter 6, 1998*

*Pollan, Michael, "Power Steer", New York Times Magazine, March 31, 2002, issue.*

*(Continued from page 9)*  
*Remove the Mud!*

your help and there really is no way to sufficiently thank you. But whenever someone performs some devotional service, it is eternally counted in one's devotional bank account. Even though we may not be able to sufficiently thank you, Lord Krsna takes notice and rewards accordingly, which is far better than our thank yous. How lucky we both are that we are engaged in this devotional service to the cows!

Speaking for ourselves, without it where would we be in our hearts and minds?

Whatever you can give to this project will be greatly appreciated not only by us but also by Srila Prabhupada and Lord Krsna. Not to mention the cows!

We pray all is well and we will give you a call in the near future.

Your servant,  
Chayadevi

ISCOWP Secretary



# THE ISCOWP NEWS

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CHANGE SERVICE REQUESTED

*Saved From the Slaughterhouse*

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