
❖ THE ISCOWP NEWS ❖

Volume 10 Issue 1

The International Society for Cow Protection

2000

Within this issue there is much discussion in the letter section concerning how different breeds produce different levels of milk production both in quantity and quality. Contrary to the commercial dairy system, a cow protector farmer is concerned with the male member of the breed as well as the female. The average farmer slaughters the male, the cow protector engages the male in work on the farm. Therefore, the adaptability and capabilities of the male member of a breed to becoming a working ox must be considered.

The top picture shows a Durham breed of working ox at Colonial Williamsburg, Virginia. Here Balabhadra exchanged notes with their teamster. This breed makes very good, hard working oxen; the female of the breed producing an average quantity of milk with a good amount of butterfat. The bottom picture shows ISCOWP team Jaya & Nanda, a Holstein-Simmental mix who are gentle good workers. They are now a full grown team. The females of the breed produce a high quantity of milk with low butterfat.

Every Breed has Their Unique Traits



Inside This Issue

Letters - Extending Lactation in Cows	page 3-5, 10-11,15
Ox Training Lessons Revised	page 6-7, 14
Mad Cow Disease and Humans	page 8, 15
How to Make Your Own Butter	page 9, 14
ISCOWP Update	12 -13
World Ideologies as Explained by Reference to Cows	page 13

Women can Work with Oxen Trained by Voice Commands

International Society for Cow Protection, INC. (ISCOWP)

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 Goals

- 1) To systematically educate all people in the practice of cow protection in order to check the imbalance of values in life and to achieve real unity and peace in the world.
- 2) To bring the members of the Society together with each other, thus developing the idea within the members, and humanity at large, the great necessity and benefit of recognizing the cow as the mother who gives milk to the human society and the bull as the father whose labor in the field produces food for humanity in the form of grains and vegetables.
- 3) To teach and encourage peaceful dietary practices based on lacto-vegetarianism.
- 4) To establish branches of the International Society for Cow Protection Inc. and encourage any organization that complies with this charter.
- 5) To bring the members closer together for the purpose of teaching and establishing a simple agrarian lifestyle based on a cow-

human-land relationship and utilizing the principle of cruelty free, lifetime protection toward all God's creatures, especially the cows and bulls.

6) To establish and maintain a traveling, educational program representing the relevance of the cows and bulls in society today.

7) With a view towards achieving the aforementioned purposes, to publish and distribute periodicals, books and other writings.

8) To receive, administer and distribute funds and all other things necessary and proper in furtherance of the above stated purposes.

ISCOWP Activities

Ox-power, An Alternative Energy

At ISCOWP's headquarters, Vrajapura Farm, fields for all crops (rice, rye, wheat, herbs and vegetables) are prepared by ox-power. In the winter, logging by oxen provides wood for heating and cooking. Due to the oxen's ability to haul loads, petroleum powered machinery is being replaced for farm chores and plans are developing for ox powered machinery to provide electrical power.

Ox-power Seminars

Seminars are given in living classroom settings involving hands-on instruction at locations such as Russia, North Carolina, Pennsylvania, and West Virginia, U.S.A. If you wish to partake in such a seminar or wish to have one in your area, contact ISCOWP for seminar schedules.

Training Teamsters and Oxen

Teamsters and oxen are trained world-wide. Prospective students are encouraged to contact ISCOWP for either individual instruction or seminar schedules. At Vrajapura Farm there are 6 trained ox teams available for the training of students.

Educational Videos, Newsletters, and E-Mail Network

"Training Oxen by Voice Commands" and "ISCOWP Travels to Be-

larus" are videos filmed and produced by ISCOWP. 8 years in publication, the quarterly ISCOWP News informs its readers of cow protection activities world-wide. 5 years in existence, the ISKCON COM cow conference offers a forum for practical and philosophical discussions to over 80 members from 18 countries. ISCOWP's WEB page offers original cow protection T-shirts and further information.

ISCOWP Outreach

5 years of travel with oxen throughout the United States' major cities and towns has resulted in presenting thousands of people with the message of cow protection and ox-power.

Developing Vrajapura Farm

ISCOWP's headquarters, consisting of 137 acres, provides a setting for seminars, hands-on instruction, ISCOWP's office, and an example of ox-power and life centered on the land and cows. At Vrajapura Farm, twenty-four cows and oxen are provided lifetime protection. Recently purchased, it is presently in the beginning stages of development.

ISCOWP Contact

USA Federal Tax Number

All donations to ISCOWP within the USA are tax deductible. The tax number is 23-2604082.

ISCOWP Mailing Address

ISCOWP
RD 1 NBU #28
Moundsville, WV, USA, 26041

ISCOWP Phone

Phone: 1-304-843-1270

ISCOWP E-Mail

ISCOWP@ovnet.com
ISCOWP@pamho.net
<http://www.iscownp.com> (new site)

ISCOWP 3x yr Newsletter

Within the USA: Send \$21 check to snail mail address
Outside USA: Send \$25 bank draft or money order to snail mail address

ISCOWP T-shirts, videos, information

Please inquire at above addresses.

Letters

Extending Lactation In Cows

Dear Reader,

The following texts were part of a discussion within the COW conference on "Lactation In Cows" compiled by Gary Curtin, our Webmaster. They are placed in subcategories because they also touch on other topics.

For those who are not familiar with words originating from the Sanskrit contained in these letters:

grahastras - householders

gurukula - spiritual school of the guru

ksatriya - head man, ruler, president

sadhu-sanga - association with spiritually minded persons

varnas - the 4 classes of people

sadhana - daily spiritual practices

Surabhi - a spiritual cow that gives unlimited milk

Krsna - a name for God

Srila Prabhupada - The spiritual master of the Hare Krsna Movement

From: Rohita (Dasa) talavan@com.org

Sent: 21 April 1999 21:57

Subject: Extending Lactation in cows

"WWW: Tulasi-priya (Devi Dasi)

SDG (?) wrote:

It is possible to get breeds that milk for several years with a single calf. Can you tell us what those breeds are?

Hare Krsna dasi:

It seems to me that the main thing is that the length of time that you milk a cow (the cow's lactation) cannot be extended very long when the cows are milked by machine. I think any cow's lactation can be extended by good nutrition, plenty of good water and sufficient salt, comfortable environment (including lush pasture and shade).

Comment:

Agreed, two things affect lactation in general, environment (covered above) and breeding.

Hare Krsna dasi:

The problem with machine milking (which means all commercial milking in Western

countries) is that when the cow's milk falls to 30 lb per day, the machine puts too much stress on her (she'll get mastitis)-- so she must be dried up, or sent to the slaughterhouse.

Comment:

All commercial dairy animals (coming from AI herds) are selected for very specific traits, many of which do not have any bearing on our requirements. This is one example; duration of lactation, they prefer high production for a short period (10 months) we are looking for 3 times that. Only those herds where they have NOT bred for short duration lactations for many generations. A heritage breed. Another is short teats, causes less problems with milking machines, hand milking however requires long teats.

Hare Krsna dasi:

But, for self-sufficient community farming, a cow giving 30 lb of milk a day-- that's 60 cups of milk -- is still quite valuable. The milk may be a different quality -- better for curd than for hot milk -- but it is still very useful. The farmer can trade his curd for the liquid milk of a fresher cow owned by another community farmer.

Comment:

The longer a cow is milked the lower the palatability to you the consumer; there is an increase in fats and solids in the milk with increased time along with a change in hormones ratios.

Hare Krsna dasi:

I believe it is the case that in general, the larger cows, which produce more to begin with, can be milked longer than the smaller breeds. Someone please correct me if I am wrong about this.

Comment:

It is not a breed specific thing, nor size either, although they're maybe a tendency for some bloodlines to be longer milking.

Hare Krsna dasi:

At Gita-nagari we milked Visakha for 3 or 4 years on one lactation. She's a Brown Swiss cow -- also very nice because all the bull calves have black

hooves, which are better for working oxen because they are less susceptible to hoof disease. Mother Kaulini was the main cowherd who took care of her.

Comment:

There are only a few breeds and crosses of them that do not have black hoofs, main ones are the Hereford and Guernsey. Striped hoofs indicate a mixed heritage the animal may look like a Jersey but even if one claw of her hoofs is stripped, it indicates most likely some blood of one of the two above breeds.

From: Madhava Gosh (das) ACBSP

(New Vrindavan - USA)

Sent: 22 April 1999 03:33

Subject: Re: Extending Lactation in cows

Hare Krsna dasi wrote: I believe it is the case that in general, the larger cows, which produce more to begin with, can be milked longer than the smaller breeds. Someone please correct me if I am wrong about this.

Not the Holsteins. At NV they are milked by hand, and some give only 4 or 5 pounds a day. They keep milking them anyway, just to avoid breeding, but the homestead breeds would be better. Just had 2 more calves from a neighbors bull that was busting fences last summer, so still no conscious breeding going on.

From: COM: Hare Krsna dasi

(Brunswick, Maine - USA)

To: billy bob buckwheat

Cc: COM: Cow (Protection and related issues) <Cow@bbt.se>

Subject: Gita-nagari's Visaka: 8 year lactation!

Date: Sunday, February 20, 2000 11:20 PM

On Sat, 19 Feb 2000, billy bob buckwheat wrote:

From: "COM: Hare Krsna dasi

(Brunswick, Maine - USA)"

Sent to: "COM: > > Cow (Protection and related issues)" <Cow@bbt.se>

Subject: Re: ben & jerry's

Date: Tue, 8 Feb 00 11:48 -0500

A cow gives milk for nine months then

dries out for three. This cycle is repeated throughout the cow's productive life.

When the cows can no longer produce milk, they are humanely put down and used as food products.

*Thank you for writing and caring.
Ben & Jerry's*

>*****

B&J states here that a cow give milk for 9 months and dries out for 3. This is not a given. This is entirely a management decision that they make in managing their breeding for their herd. A cow could give milk for 2 or even 4 years, depending on the situation. However, it is a smaller quantity of milk, and it is of a different quality, so probably would not be good for ice cream.

Hypocrisy and commercialism go hand in hand -- especially with the dairy industry.

*I don't know exact time but Visakha has been milking for about 8 years with out beeing freshened. She presently gives about 10-15pds in the morning and 8-10pds in the evening. magic mamma .
yr servant, derek, GN OX PRO, Gita Nagari*

Bhakta Derek Prabhu--

That's amazing -- after 8 years, Visaka is still giving up to 25 pounds of milk per day -- that's 3 gallons or maybe 12 liters.

Such a wonderful cow. I still remember before she had her first calf back in 1989 or so, Sri Krsna said we should massage her udder so that she would be used to having people touch her udder. Such a very nice temperament. A daughter of Vrndavana the bull, I believe. Who was her mother? What a great cow -- Brown Swiss.

Is Mother Kaulini still milking her also? Please give my regards to Kaulini.

Sometimes people think that they don't want a Brown Swiss because the Brown Swiss are so big and require so much more food and more pasturing ground than a smaller cow.

But perhaps their economic assessment

fails to take all factors into account.

At 3 gallons per day for the past 8 years, how many thousands of gallons of milk has Visaka produced?

And that is with just one calf to train and pasture.

Another cow, who is smaller, might have had to be bred 3 or 4 times to produce an equal amount of milk. And would have produced 3 or 4 calves, which probably would have required more feed and more pasturing ground than Visaka's one calf.

For the average ISKCON farm, we don't really need so many calves, because we at present don't have so many devotees who know how to train and work them.

So, it seems to me that the number of calves per quantity of milk produced -- in other words the total quantity of milk over the course of each lactation -- is a very important factor to consider in deciding the quality and breed of the cow to be bred.

It's not the only factor. And in some cases, especially where there are trained devotees who want to work as many oxen as possible, it might be better to breed a cow who will produce less milk per lactation. But in general, I think that milk-production-per-lactation is an important consideration which is too often disregarded altogether.

Again, Bhakta Derek, thanks for telling us about Visaka. A great news update on one of Lord Damodara's great cows!

Machine Milking vs. Hand Milking

From: Aradhya (Devi Dasi) ACBSP
(New Mayapura - FR)

Sent: 30 April 1999 13:19

Subject: Extending Lactation in cows

Hare Krsna dasi wrote: It seems to me that the main thing is that the length of time that you milk a cow (the cow's lactation) cannot be extended very long when the cows are milked by machine

There is a technical reason for the cow drying up after machine milking. It is also the reason why the calves are important in keeping a cow in milk for a longer time.

This reason is that at the beginning of the milking, the cow lets down fairly creamless milk - what we might call the rice, Dahl and vegetables part of her calf's meal. Towards the end, she lets down more and more cream. This is the dessert. It is designed to satisfy and cut the appetite of the nearly satiated calf. The heavier cream, however, is only let down by the cow if she is feeling pleasure in seeing her calf and in licking it. It is her maternal love that gives this last bit of affection in the form of cream.

The downside of machine milking, (which is of course, quicker and cleaner than hand milking) is that this last cycle never gets started. The cow is not getting much enjoyment from the milking process. Her calf is gone and she is getting pushed around. She does not let down that last milk. Each day she lets down a little less. And that is indeed the process of drying off. If there is cream left, the cow's system says there is too much milk and produces less. However, if there is no cream left at all, as in when hand milked and finished by the calf, her system says, there is not enough milk, produce more. And that is the reasoning behind hand milking, and letting the calf finish off, at least when it is small enough to drink milk.

For these reasons, the traditional butter makers of France hand milk their cows and keep the calf in sight of the cow. They do not use machines, even if it takes them all morning to milk a herd of cows and all evening to remilk them. Otherwise, they don't get enough butterfat to make their world famous butter and cream.

Of course, there is a certain amount of butterfat, even with the machines, or we would not have butter or cream, would we? But the thickest, richest and most flavorful cream comes at the very

end, as a gift to that dearly beloved calf.

When we see pictures of Krsna milking the cow, in Krsna Book, with Srimati Radharani holding the calf back, it is evident that this same system was used by the Butter-thief's parents and friends. Mother Yasoda used to go to great lengths to feed her cows special herbs and grass that would flavor the milk better, so that Krsna wouldn't go and eat the butter at the neighbors'. So if Mother Yashoda had a problem satisfying Krsna, what to speak of us?

Still, a cow can definitely be kept in milk for up to three years, with care and attention. This was a technical explanation, as given to me by Pierrette, the butter maker who taught us to milk, in France.

Family Owned Farms vs. Community owned Farms

From: Noelene Hawkins
Sent: 01 December 1999 22:57
Subject: Milking duration



Hare Krsna dasi wrote:

I think Niscala is touching on an important point here. If among, for example, 4 families, each family breeds its cow in a different year, that would provide different qualities of milk which they could distribute among themselves. Perhaps the freshest cow could provide the hot milk, and the one currently on the longest lactation could provide milk for curd.

Is there any reason for this? Are the ones on longest lactation providing lower quality milk, so that milk is best for curd? If we are to produce ghee, all the milk should be skimmed? Jerseys are good for self-sufficiency as they give really

creamy milk, its about one-quarter cream! When I was churning butter, we didn't want to waste one drop of milk in any shape or form. So curd was only made if we could use all the whey, and after churning the butter, the buttermilk we'd turn into curd, rather than the milk which was a more drinkable product, and able to be used for making yogurt. Then the whey from the buttermilk curd, we used in making rice, because actually whey is very good for you, it is full of protein and calcium, in fact health shops sell whey powder as a body-builder!

Cooperation among the families with regard to the breeding schedule could make things work very well.

Especially in regards to ghee-making. If your cow is only giving 1 or 2 liters a day, how can you gather enough cream to make butter- churning worth-while? This is another reason why family owned farms, i.e. one family on a farm, would find it difficult to be self-sufficient and not over-breed. Another reason is that if you're only breeding one cow every 3 or 4 years, being only one family and not wishing to over-breed, (if you're sensible and not heading for disaster), then it may be on average a 6-8 year

gap in between births of bullocks (oxen). Then how can you train such different size bullocks together? But on a larger property, with breeding of on average one per year, for 4 families, then you get them only 2 years apart on average, which makes it possible. Or for an even larger property, say twice that size, with one per 6 months, you'd get them on average 1 year apart. So it seems a shame that devotees after having tried to influence the management of ISKCON farms towards simple living, give up and buy their own- it has happened to more than

one family I know, plus a few others are in the process of doing it. Because on your own, apart from the problems mentioned above, where is the support of other devotees, sadhu-sanga, and the support of the other varnas for practicality. Where most importantly is the ksatriya to provide you with FREE land in return for some of what you produce, so you don't have land repayments, be forced to cash-crop or give up dependence on bul-

locks, use the tractor instead, because the focus must be profit? Or give up sadhana, to get the time to grow enough with the bullocks, and market it, just to make repayments?

Sorry to repeat what I have mentioned in other letters, actually Carol's idea is good. If you're stuck in that system, being on your own farm with repayments, and you still want to only use bullocks, then to grow HERBS which only requires a small amount of cultivation, would seem to be the way to go for a cash-crop. Especially high-priced medicinal herbs in big demand like Echinacea.

(Continued on page 10)

First Lesson -Ox Training In The Ring



dren would walk with the other. We would stay out for an hour to an hour and a half letting them walk, run, and graze. Occasionally, we would pet them and scratch them behind their ears and under their

this age group. If you are training animals between 1 and 2 years of age, your construction should be of boards and should be 6' to 7' in height so they can't jump out. The ring in this picture is about 16' in diameter. I used "cattle panels" which are 4' high and 16' long and consist of heavy gage mesh. Also, we built a heavy-duty gate that they could not break through. When we started training Vraja and Gita, we had been walking with them on the private roadways and meadows. Each day we would also walk with them into the ring, let them sniff around, and then walk out without closing the gate behind us. So

First Lesson – Training in the Ring (Revised and Edited from the IS-COWP News – Summer 1991)

This will be the first in a series of articles describing how we are training Vraja and Gita. Keep in mind that we began training Vraja and Gita at two and a half months.

The preliminary step to the first lesson in the ring is to develop a friendship with your ox. This can be accomplished in several ways. One is that the person who is training the ox should preferably be the person who is feeding the ox. In this way a favorable exchange of friendship is established. Another is that the ox should be given time to get accustomed to any new experience such as wearing a halter. He should be accustomed to wearing a halter before beginning the next step that is hooking him to a lead rope and taking him out for walks.

Spending time walking with your ox in a field, lawn, or whatever quiet area you have available will help to develop a relationship with him. No commands, such as "Get Up" and "Whoa," should be given. You will see he will follow you. You will also see, especially if you are training two for a team, that they will want to run and kick their heels up and play just like kids. So be prepared to do some jogging and occasional running.

When we first got Vraja and Gita, I would walk with one of them and one of the chil-



Top: It is best to train the oxen in a training ring. The ring creates an environment in which the ox is restricted from distractions other than the trainer.

Middle: Establishing a relationship with your ox is fundamental to his becoming a well trained and trustworthy working ox. Here Vraja and Gita are hugging Balabhadra.

Bottom: On the day of the first lesson in the ring, at the age of three and a half months, Vraja and Gita walked into the ring without any hesitation or fearful apprehensions.

necks. A relationship of love and trust began to develop by being together in a positive and pleasant way. We did this for several weeks.

The training ring should be placed in an isolated location so that there are no distractions during the training session. The ring should be constructed so the animal can not jump out. I prefer training animals starting about 2 1/2 to 3 months old. The training ring in the top picture is constructed of materials reflecting

when the day came to start training in the
(Continued on page 14)



Second Lesson - The Commands "Gee" and "Haw"



Top Vraja and Gita $\frac{3}{4}$ through the "Haw" command.

Middle Vraja and Gita completing the "Haw" command.

Bottom Vraja and Gita several weeks later in Los Angeles, USA, wearing their yoke. In this picture they are half way through the successful completion of the "Haw" command. Notice their beautiful symmetry.

with half-hour lessons twice a day. Lots of hugs, complements, and peanut butter cookies were given as rewards. At the beginning of the second week, I held back from giving taps as much as possible. The goal was to accomplish this turn down quite well without much tapping. Occasionally I would give Gita a tap on the behind.

I then began to teach the "Gee" command. First, I walked in front and to the right of Vraja and Gita and then had them follow me through the turn as I gave the

S econd Lesson- The Commands "Gee" and "Haw"
(Revised and Edited From the ISCOWP News - Fall 1991)

At the completion of the first lesson, Vraja and Gita learned the commands "Whoa," to stop, and "Get Up," to go forward, or come. Next they learned the command "Gee," to turn right, and "Haw," to turn left. In order to be taught these commands, Vraja and Gita had to know how to work together. During the first lesson, they were taught individually in the ring, not together.

Since I had not yet completed the yoke, I connected their halters together with a light chain. Using a lead rope and a lash, I proceeded to walk up and down the road with them reviewing the first lesson's commands. I was surprised at their prowess. Vraja took the lead and seemed to enjoy the accomplishment of a successful performance. Gita, who was less cooperative than Vraja in the ring, followed Vraja's example.

Twice daily, for 1 week, I gave them $\frac{1}{2}$ hour training sessions before beginning the commands "Gee" and "Haw." The command "Gee" is considered the most difficult because the team must move away from the teamster who is always on the left. We therefore started with the command "Haw," to turn left. The "Haw" turn is generally taught more easily since the teamster stands on the left side of the team allowing the left turn to be towards the



teamster.

The "Haw" command was taught by tapping Gita, who was always the "off" ox (the ox furthest from the teamster) on the outside right shoulder and tapping Vraja, who was always the "neigh" ox (the ox closest to the teamster) on the knees while firmly giving the command. I continued to do this for about a week

voice, they expect to follow the teamster through all the turns.

(Continued on page 14)



MAD COW DISEASE AND HUMANS

When a new form of an old human disease appeared in England in 1995, some medical specialists immediately suspected that it might be a human version of "mad cow disease," but they had no proof.[1] Mad cow disease had appeared in British dairy cattle for the first time in 1985 and during the subsequent decade 175,000 British cows had died from it. British health authorities spent that decade reassuring the public that there was no danger from eating the meat of infected cows. They said a "species barrier" prevented mad cows from infecting humans. A "species barrier" does prevent many diseases from crossing from one species to another -- for example, measles and canine distemper are closely related diseases, but dogs don't get measles and humans don't get distemper.

While the British government was placing its faith in the species barrier, British citizens began to die of a new disease, called "new variant Creutzfeldt-Jakob disease" or nvCJD. A similar disease, CJD (Creutzfeldt-Jakob disease) had been recognized for a long time but it almost never occurs in people younger than 30; nvCJD, on the other hand, strikes people as young as 13. There are several other differences between CJD and nvCJD, so nvCJD represents something new. To date, nvCJD has killed 48 people in England and one or two others elsewhere in Europe. The main feature of both mad cow disease and nvCJD is the progressive destruction of brain cells, inevitably leading to total disability and death.

New research published late in 1999 showed that nvCJD is, in fact, a human form of mad cow disease,[2] dashing all hope that a species barrier can protect humans from this deadly bovine affliction.

Mad cow disease is formally known as "bovine spongiform encephalopathy" or BSE. BSE is the cow version of a larger class of diseases called "transmissible

spongiform encephalopathies," or TSEs. TSEs can afflict sheep, deer, elk, cows, mink, cats, squirrels, monkeys, humans and other species. In all species the symptoms of TSEs are the same -- progressive destruction of brain cells leading to dementia and death.

Traditional Creutzfeldt-Jakob disease (CJD) is a rare human affliction. The visible symptoms are similar to Alzheimer's



Beef is an unhealthy and unethical form of food. The cow suffers greatly before death and is fed hormones and other chemicals. In some areas it has been the practice to add cow remains to cow feed. All these ingredients are contained in the cows's milk or meat. Here Kalki is eating healthy, natural hay.

disease; in fact, CJD is sometimes diagnosed as Alzheimer's and therefore may go unrecognized. CJD strikes one in a million people almost all of whom are older than 55. In people younger than age 30, CJD is extremely rare, striking an average of 5 people per billion each year, worldwide (not counting the recent outbreak in England).

In cows, the latency (or incubation) period for mad cow disease is about 5 years, meaning that cows have the disease for five years before symptoms begin to appear. No one knows the latency period for

nvCJD in humans, but it is thought to be around 10 years. Because of this uncertainty, no one is sure how many people in England already have the disease but are not yet showing symptoms. The British government's chief medical officer, Professor Liam Donaldson, said December 21, 1999, "We're not going to know for several years whether the size of the epidemic will be a small one, in other words in the hundreds, or a very large one, in the hundreds of thousands."

The epidemic of mad cow disease was caused by an agricultural innovation -- feeding dead cows to live cows. Cows are, by nature, vegetarians. But modern agricultural techniques changed that. Cows that died mysteriously were sent to rendering plants where they were boiled down and ground up into the consistency of brown sugar, and eventually added to cattle feed. It was later determined that mad cow disease was being transmitted through such feed, and especially through certain specific tissues --brain, spinal cord, eyes, spleen and perhaps other nerve tissues.

Ten new cases of nvCJD were reported in England in 1999, bringing the total to 48. It has been more than 10 years since government authorities banned the use of the particular parts of cows thought to transmit mad cow disease. The appearance of new cases of nvCJD in 1999 implies either that the latency period for the disease is longer than 10 years, or that infected meat was not effectively eliminated from the food chain when government authorities said it was, or both.

The SUNDAY TIMES of London reported in late December that some meat banned for human consumption is still being marketed in England. After the mad cow scandal erupted, the British government attempted to eradicate the disease by requiring that all cows older than 30 months be slaughtered. As a result, by last September more than 2.5 million British cows had been killed. But the TIMES reported that British investigators have documented at least 50 cases of farmers and cattle dealers using bogus

(Continued on page 15)

How to Make Your Own Butter

Butter is made from milk. Keep in mind that the milk you are using should be from cows that are receiving lifetime protection. Often in a commercial dairy cows are fed hormones or other chemicals to increase their milk production. These chemicals transfer into the milk.

Ghee can be made from butter and used in many recipes as a substitute for oil or butter. Ghee is butter without the impurities. In the next issue we will explain how to make ghee from butter.

The following texts were sent to us by Hare Krsna dasi. They contain two methods of making butter. We use the first method because it is said that ghee made from yogurt is highly medicinal. It is known to clear the cholesterol in one's body and if you take some everyday you will live a long life.

Making Butter

[Text 848289 from COM]

Here is one way to make butter. What about the "old fashion" way? Is it the same process for large quantities? And how is it done without refrigeration?

Forwarded message
Date: 28-Sep-97 08:42 AST
From: WWW: Trishakti (Devi Dasi)
ACBSP (Montreal - CAN)
To: Cooking Seminar
<cooking.seminar@com.bbt.se>
Subject: Making butter ?

On 20 Sep 1997, Subhadra dd wrote:

Does anyone know how to make butter from yogurt???

We are making our own fresh butter from sour cream. Still we would like to try to make it in a way Mother Yasoda did. It is mentioned in Krsna Book as well as in Srimad Bhagavatam.

"Mother Yasoda wanted to collect the milk from these cows, make it into yogurt and churn it into butter personally, since she thought that this child Krsna

was going to steal the butter because he didn't like the milk and yogurt ordinarily prepared." (Srimad Bhagavatam 10.9.1-2.)

Making Butter from Yogurt

First start by boiling milk in a heavy bottom pot, stirring and scraping the bottom occasionally (if possible, this should be done immediately upon the milk's arrival when the milk is still warm from the cow.



Be sure of your milk source. In a commercial dairy the cows are fed hormones and chemicals to improve milk production. These chemicals transfer into the milk.

This makes it easier to boil and provides a better opportunity to reduce harmful bacteria). After it begins to boil, remove the pot from the stove. Repeat this boiling procedure two more times.

After allowing the milk to cool to room temperature and without changing the pan, put the cool milk in the refrigerator on the top shelf overnight. The next morning, remove the pot and collect the thick layer of cream which has formed on top of the milk. The remaining milk can then be consumed for drinking, making yogurt or curd.

Butter

Add 1/4 cup of milk to 1 cup of cream and

heat it until it is warm enough to make yogurt. Stir in 2 teaspoons of yogurt and mix well. Then place the mixture in a warm place to set overnight. When the cream and milk mixture has set into yogurt, chill it overnight and then put it into a blender until half full. Top it off with cold water until the 3/4 level and blend it at high speed for approximately five minutes until the butter separates. The butter will be on top and the buttermilk on bottom. Separate the butter and rinse it with cold water at least two times.

The buttermilk can be either consumed as is or made into a nectar and the butter used for cooking or made into ghee.

[Text 848296 from COM]

Another way.

Forwarded message
Date: 29-Sep-97 06:39 SST
From: COM: Bhayakari (dd) HKS (CH)
To: Cooking Seminar
<cooking.seminar@com.bbt.se>
Subject: Making butter ?

From my Grandmother and my mother I have learnt to make butter in 2 different methods.

First method (Similar as described in Krishna book)

I boil the milk fresh and boil again once at night and make yogurt. Next morning you have to churn the yogurt mixed with cold water for a long time. Then butter starts separating from the buttermilk. This should be done as early in the morning before the sun rises. When it gets warm its difficult to make. The buttermilk can be used for drinking or cooking. The yield will be lots of buttermilk and little of butter. This is the traditional method without any modern electrical appliances.

Second method. (similar to Trishakti dasi's method)

(Continued on page 14)

(Continued from page 5)**Family Owned Farms vs Community Owned Farms**

So I hope I'm not mistaken for some sort of fanatic, but it just seems to me that there is a lot of drawbacks to family owned farms-milk product supply, availability of compatible bullocks, land repayments, availability of other varnas to assist, availability of a gurukula, availability of sadhu-sanga, or even someone the kids have to play with, some friends, because if they're deprived of that their whole life, they may become bitter about it later on.

From: Madhava Gosh (das) ACBSP (New Vrindavan - USA)
Sent: 01 December 1999 16:25
Subject: Re: milking duration.

The scheme they are trying to work towards at NV is that a cow be bred and milked in the temple barn for the full of the flush, then after a year or so it would go out to a family. When breeding is resumed, the idea would be to bred about 5 cows a year for the temple, which would result in a stabilized herd size of under 100 animals (compared to the 200 currently and the 350 at the peak.)

Hopefully, an endowment will be in place so each calf born will have a guarantee of lifetime support. The temple will have a good flow of milk, and in exchange for caring for a cow, the householder would have a cow that could provide it ample milk for several years. If a cow could be expected to milk one gallon a day for 3 years, that means at any given time as many as 15 families could have a producing cow, which is more than are willing and able to take them now. Hopefully Krsna will send such willing and able householders.

The choice of semen will be milking shorthorn, as they are one of the more home-stead type breeds that are available through AI, with good characteristics for oxen. NV has 2 bulls, but one is a Holstein and the other a Holstein/Simmental cross, neither of which they want to bred with. Years from now, when they pass on, their facilities will hopefully be occupied by a home-stead breed bull so they can get away from the AI.

Milking Breeds

From: Ann Fletcher
Sent: 02 December 1999 02:24
Subject: Re: milking duration.

Interesting to see your comments on preference for the Shorthorn breed. After years of trial and error, we have also concluded at New Varshan (NZ) when we start breeding again, we will bring the Shorthorn back in. Good milk supply, excellent working bullocks and their average age is 15 years.

From: Madhava Gosh (das) ACBSP (New Vrindavan - USA)
Sent: 02 December 1999 05:43
Subject: Re: milking duration.

Not meant that there aren't possibly even better heritage breeds for some one to think about, but the Milking Shorthorn seems to one of the better choices of the easily available breeds.

Jerseys are great milkers, but the bulls are reputed to be extra vicious, and our own experience with a Jersey bull confirmed that (named Bu, rest his soul). The 2 oxen I did train (oh so long ago) were Jerseys, and they were mellow enough, but the Shorthorn are reputed to make better oxen.

Date: Fri, 3 Dec 99 12:05 +1300
From: "Ann Fletcher"
<ann@akn.quik.co.nz>
To: "Mark Middle Mountain"
"COM: Cow (Protection and related issues)" <Cow@bbt.se>
Subject: Re: preferential breeding.

This is how I envisioned cow com to be. Pooling of info and experiences for everyone's benefit. I agree re jersey bulls. The bulls tend to have a temper streak in them and jersey bullocks are too mellow and lazy. The Friesian bullocks are ok but very big on the land. The Shorthorns seem to be a little fiery but great workers and their milk, although not as creamy as the jerseys or as volumous as the Friesians, seem to be a good blend of both qualities. Regards,
Ananta Krsna dasi

Milking Duration

From: Ann Fletcher
Sent: 29 November 1999 23:2
Subject: Milking Duration

Dear Niscala Prabhu,
Re your math's regarding milking of cows. We had a great system at New Varshan and you may remember when I was milking, grhastas would leave their containers out. I had a monthly account running. I kept detailed daily records of the milkers analyzing effects on production from weather, feed scraps, seasons etc. The milkers all had covers on in the winter and I feel we looked after them well. However, none of them ever milked for longer than 1 1/2 years to any significant amount. My experience is with Friesians, Jerseys and Shorthorns. What breed are you basing your math's on for cows to be milking for 4 years continuously without calving again? This math's needs to be worked on "the norm" rather than one extreme case. (And how many liters daily in the fourth year?) When choosing a breed, consideration also needs to be looked at the average age that a breed lives for, the suitability of the bullocks and conditions of the property. Please check your source of information for your calculations and let me know of the Surabhi breed that milks for 4 years. Ananta Krsna dasi

From: Madhava Gosh (das) ACBSP (New Vrindavan - USA)
Sent: 30 November 1999 01:18
Subject: Re: milking duration.

I have known several Jerseys to milk for years without coming fresh yearly. they gave 1 to 1.5 gallons daily, depending on season and feed.

Balabhadra has a cow that looks just like a Holstein, although smaller than the common agribusiness size. He is getting even from this Holstein at least one half gallon a day, and it has been a long time since she came fresh, more than a year.

(Editor's note: Balabhadra's cow ,Drapadi, has been milking for 4 years since she was calved.)

To keep high yields, it is necessary to

freshen cows yearly but for simple home-steading, the heritage breeds will give good milk for a long time. Certainly not on a competitive level, but adequate for a householder with just a couple of yogurt customers and his own family.

From: (Bhakta) Dirk Vansant (Geel - B)
Sent: 04 December 1999 19:19
Subject: Re: milking duration.

Balabhadra has a cow that looks just like a Holstein, although smaller than the common agribusiness size. Madhava Gosh

I thought she was a Holstein and definitely looks like one. The thing smaller about her then the 'regular' Holstein might be her milk bag and super gentle and sweet nature.

but adequate for a householder with just a couple of yogurt customers

hahaha... he who is actually tasting the nectar...

From: Madhava Gosh (das) ACBSP (New Vrindavan - USA)
Sent: 06 December 1999 16:09
Subject: Re: milking duration.

And it is nectar :-)

She is smaller in overall stature. The gene pool of modern Holsteins has definitely been narrowed to large size and large production. She is a bit of an anomaly.

From: WWW: Rohita (Dasa) ACBSP (New Talavan MS - USA)
Sent: 30 November 1999 15:09
Subject: Re: milking duration.

I have milked Freisland (Holstein), Jersey, Guernsey, Swiss and crosses of the above with Gyr/Kankrej. Have never under feeding conditions ranging from excellent to poor, temperature range of 20' - 110°F have I been able to get production of greater than 1 gallon (~3 liters) past the two year mark.

From: Noelene Hawkins
Sent: 30 November 1999 02:35
Subject: Re: milking duration.

Ananta Krsna wrote: The milkers all had covers on in the winter and I feel we looked after them well. However, none of them ever milked for longer than 1 1/2 years to any significant amount.

Were your milking cows getting high-grade feed at milking time? Our cows here regularly give milk for 3-4 years. No doubt at the end it is only a small amount. I think I remember the milking lady saying only a couple of liters a day. My point is that even a couple of litters a day is enough for drinking! If you have 4 cows milking on a farm with 8 families, then if they are bred at one per year, then they are all at different levels of milk production. But the TOTAL should be enough for milk consumption AND ghee production, etc.

From: Hare Krsna dasi (Brunswick, Maine - USA)
Sent: 30 November 1999 19:59
Subject: Re: milking duration.

I remember that when Mother Kaulini at Gita-nagari was milking Visakha (Brown Swiss) Kaulini was still getting 3 gallons a day from Visakha after 3 years. Unusual, but it shows that with good feeding, good care -- and suitable climate, it is possible. I was still getting at least 1 gallon a day from Prema Vivahla (also Brown Swiss) after 2 years. That's probably more normal.

I think Niscala is touching on an important point here. If among, for example, 4 families, each family breeds its cow in a different year, that would provide different qualities of milk which they could distribute among themselves. Perhaps the freshest cow could provide the hot milk, and the one currently on the longest lactation could provide milk for curd. Cooperation among the families with regard to the breeding schedule could make things work very well.

From: Syamasundara (das) (Bhaktivedanta Manor - UK)
Sent: 01 December 1999 19:11
Subject: Milking duration

At Bhaktivedanta Manor we are cur-

rently milking 7 cows. All at different stages of lactation. One cow which we have bred again and will calf in 2 months has just been dried off (last day today). We were milking her, her calf, her calf's calf and her calf's calf has impregnated two cows. A total milking time of up to 6 years. Before we started drying her off she was giving 3.5-4 liters of milk each day. She is a Friesian.

We recently lost an old 18yr old cow who had milked for 6 years. On her last milking year she was giving 3 liters per day. She was a Friesian.

Another cow (a shorthorn) is still milking after 4 years. She is giving 4 liters per day. We had a cow that milked for 8 years (she never even had a calf although was impregnated) giving 5 liters per day in her last year. She was a Friesian.

My limited experience has definitely shown that the vast majority of cows can give milk for 4 years quite easily. We do however have a cow (half Belgian Blue) that started giving a small yield and dried off herself within 3 years.

Virgin Cow Giving Milk?

From: Sevabhiruci (das) SS (Gdansk - PL)
Sent: 12 May 1999 04:27
Subject: Milk from a virgin cow?

Is it possible for "a virgin cow" to give milk? May I read about it in any book or better on any Web site?

Thank you in advance for your comments and answers.

From: Rohita (Dasa) ACBSP (New Talavan MS - USA)
Sent: 12 May 1999 23:51
Subject: Milk from a virgin cow?

I have seen a cow who was rather old (12) produce milk without calving when another cow had a calf. But have not heard of a heifer (virgin cow) being able to produce milk as you have inquired about and I have been around cows for about 40 years.

ISCOWP UPDATE

New Web Page

Please take a look at the new WEB page: www.iscownp.com. Gary Curtin who lives in London is the webmaster and has been doing a wonderful job of gathering information from the COM COW conference dating back to 1993. He is gradually putting up all the IS-COWP newsletters on-line. Also there is a resource section containing articles from the old ISKCON Farm newsletters, Parmananda's ox training lessons and yoke, bow, and irons construction instructions. Balabhadra's ox training for young animals is also contained in this section. Lots of pictures and more coming. I could tell you more but that would take the fun out of visiting the page. What is especially nice is that Gary is updating every week.

War of the Roses Continued

Balabhadra has been having trouble with his back due to a back injury in his youth and much heavy physical labor for many years. He has to do less heavy physical labor in order to preserve his health.

Therefore we hired John Hart, a contractor, to remove the weed rose bushes on the parcel where we will have the new ISCOWP headquarters. He has removed 25 acres of bushes so far which has revealed several plateau areas excellent for good size gardens. The removal also frees up the land to produce more pasture for the cows. He won't be able to remove all the bushes with the bulldozer this time since we have limited funds. The areas left to be done will be

down by the shore of the creek.

Barn Campaign Continued

Last year we began to raise funds for riding the barn of mud by laying cement and drains. We were unable to proceed

bales. Balabhadra has told me that we can not continue with this situation because next year it will be only worse. Due to the traffic of the tractor delivering the big bales the earth is becoming more and more worn away and therefore muddier. Beside that it is an uncomfortable and potentially dangerous situation for the cows. We'll be writing you more about this campaign in the near future.

Ministry

We are presently working on a book which will contain the philosophical reasons for cow protection, the Minimum Cow Protection Standards, and a resource listing to enable the reader to practically implement the standards. Vandana dasi has volunteered to write the resource listings, and Gary Curtin and Hare Krsna dasi has volunteered to present the philosophical section. Hare Krsna dasi has also volunteered to get it camera ready for publishing. Daivi Shakti dasi has volunteered to publish it.

Annual Report

For the past ten years we have included the annual financial report in this issue. Due to the fact that Malati dasi from Hawaii is distributing 300 of each newsletter printing we are more conscious of non

Top - The hillside on the way to the new ISCOWP headquarters previously filled with rose bushes.

Middle Giridhari das from Murari Sevaka, Tennessee, USA is receiving instructions

from Balabhadra in how to make a "Ghee" turn (right turn) with the premium training team Agni and Shyam.

Bottom The same hillside presently devoid of rose bushes. The dark clumps are dead rose bushes ready to be burned.



with the campaign until now. Laban-galatika dasi from Raigad India has donated \$5000 to the campaign and we are proceeding to raise additional funds for the project which must be done before the cold weather comes. The cows must traverse mud up to their knees in the outer barn yard where we feed the large

members interest in reading the newsletter. Therefore we will be sending the annual report separately to donating members. It will be also available upon request.

Training

Giriraj das from Murari Sevaka in Tennessee spent one week at Vrajapura farm receiving ox teamster training from Balabhadra. As you may know Murari Sevaka is under new management striving for self-sufficiency using ox-power. Balabhadra is traveling to Gita-nagai in Pennsylvania next weekend to train Bhakta Derek in ox training.



Balabhadra Struggling to free himself from the mud in the barnyard. There is a campaign in progress to rid the barnyard of this problem.

Need Some Help

Since Balabhadra is moving more slowly these days due to his back condition, we are looking for those persons who would like to receive hands-on training in ox-power (establishing relationships, field work, logging, training) and organic gardening (planting, maintenance, harvesting), preparing garden produce (cooking, canning, drying), modified Earth Shelter construction, and much more in exchange for labor around the farm. Room and board will be provided for. Please refer to the ISCOWP contact information on page 2.

WORLD IDEOLOGIES AS EXPLAINED BY REFERENCE TO COWS

Forwarded message from Hare Krsna
Author: owner-mikeys-
funnies@youthspecialties.com at zph-internet
Date: 2/19/1998 7:42 AM

FEUDALISM

You have two cows. Your lord takes some of the milk.

PURE SOCIALISM

You have two cows. The government takes them and puts them in a barn with everyone else's cows. You have to take care of all the cows. The government gives you a glass of milk.

BUREAUCRATIC SOCIALISM

Your cows are cared for by ex-chicken farmers. You have to take care of the chickens the government took from the chicken farmers. The government gives you as much milk and eggs the regulations say you should need.

FASCISM

You have two cows. The government takes both, hires you to take care of them, and sells you the milk.

PURE COMMUNISM

You share two cows with your neighbors. You and your neighbors bicker about who has the most "ability" and who has the most "need". Meanwhile, no one works, no one gets any milk, and the cows drop dead of starvation.

RUSSIAN COMMUNISM

You have two cows. You have to take care of them, but the government takes all the milk. You steal back as much milk as you can and sell it on the black market.

PERESTROIKA

You have two cows. You have to take care of them, but the Mafia takes all the milk. You steal back as much milk as you can and sell it on the "free" market.

CAMBODIAN COMMUNISM

You have two cows. The government takes both and shoots you.

DICTATORSHIP

You have two cows. The government takes both and drafts you.

PURE DEMOCRACY

You have two cows. Your neighbors decide who gets the milk.

REPRESENTATIVE DEMOCRACY

You have two cows. Your neighbors pick someone to tell you who gets the milk.

BUREAUCRACY

You have two cows. At first the government regulates what you can feed them and when you can milk them. Then it pays you not to milk them. Then it takes both, shoots one, milks the other and pours the milk down the drain. Then it requires you to fill out forms accounting for the missing cows.

CAPITALISM

You don't have any cows. The bank will not lend you money to buy cows, because you don't have any cows to put up as collateral.

PURE ANARCHY

You have two cows. Either you sell the milk at a fair price or your neighbors try to take the cows and kill you.

ANARCHO-CAPITALISM

You have two cows. You sell one and buy a bull.

SURREALISM

You have two giraffes. The government requires you to take harmonica lessons.

OLYMPICS-ISM

You have two cows, one American, one Chinese. With the help of trilling violins and state of the art montage photography, John Tesh narrates the moving tale of how the American cow overcame the agony of growing up in a suburb with (gasp) divorced parents, then mentions in passing that the Chinese cow was beaten every day by a tyrannical farmer and watched its parents butchered before its

(Continued on page 15)

Continued from page 6)

First Lesson - Ox Training in the Ring

ring, we walked in and this time closed the gate behind us. Because they had been in the ring previously and had no reason to be afraid, we were able to start the lesson without the trauma of them thinking, "Why am I enclosed in this ring with the gate shut?" On the day of the first lesson in the ring, at the age of three and a half months, Vraja and Gita walked into the ring without any hesitation or fearful apprehensions.

Training in the ring should be done with one ox at a time. Since Vraja and Gita are twins they are very accustomed to always being together. To prevent anxiety I would train one calf within sight of the other. After one entered the ring the gate was closed. Our little friend, still on his lead rope, was allowed to venture throughout the ring to sniff here and there and ascertain his new surroundings. After he did this, he and I walked around the circumference of the ring side by side. In this way, I was showing him what I wanted done.

After several laps around the ring, I began training with voice commands. First, I started from a stationary position, with the ox next to the ring fencing and myself a few feet towards the center of the ring. With a slight reinforcement from the lash on his behind, a slight tug on the lead rope indicating to go forward, I gave the command "Get Up."

Your ox should not stop walking around the inside of the ring until you give him the command "Whoa." The training period should be short, no more than a half an hour session in the morning and the evening. Every time your ox performs correctly he should be given encouraging words such as "Good Gita" as well as affectionate strokes on the head, neck, and so on. Every command must be accompanied by their names so they will know that you are speaking to them. Periodically treats are nice to reinforce a job well done. Vraja and Gita like peanut butter cookies.

After the completion of each session in the ring you can walk your ox back to his pasturing area or living quarters. When leaving a ring the gate is opened slowly. You

should be holding the lead rope and giving the command "Whoa" as the gate opens. You ox should not bolt out of the gate but should wait for the command "Get Up." Now as you leave the ring and proceed back to your ox's destination use the commands "Get Up" and "Whoa."

From now on your ox must begin to follow the voice commands. While walking give him a tap on the behind if he doesn't respond right away. The first lesson should be continued until your ox responds to the commands with little prodding. It took 1 week of daily morning and evening half hour sessions for Vraja and Gita to learn the first lesson. Obedience based on a loving relationship is the foundation of successful training.

Footnote: Since 1991 we have trained many teams without a ring. It is much easier with a ring, especially if you are new to training.

(Continued from page 7)

Second Lesson - The Commands "Gee" and "Haw"

I moved onto the next stage of teaching this command as soon as I thought Vraja and Gita got the general idea. The next stage in teaching this command was to remain on the left side of them, giving the command and taping Vraja, the "neigh ox" on his outside left shoulder. I concentrated on teaching this command and occasionally reviewing the "Haw" command for about 1 week, again for ½ hour lessons daily. In the middle of the second week, I dropped the tapping as much as I could while still allowing a successful turn to be completed.

In the weeks that followed, I practiced all the commands by interchanging them. The more practice they had, the less they needed to be reminded by tapping. As much as I could I used affection, compliments, and peanut butter cookies as motivators instead of tapping them with the lash. The later teams I taught received only affection and compliments with equal success.

It took about 2-3 weeks to teach them these commands. The speed with which

the oxen will learn the commands will vary according to their capabilities, experience of the trainer, and the time spent daily. Vraja and Gita took about 3 weeks from the beginning of the first lesson in the ring to the completion of learning "Haw" and "Gee." But don't forget there is the preliminary necessity of getting to know your ox to establish a relationship, and then practice of the commands to assure capability before learning the third lesson of pulling. Also, I recommend teaching oxen at this young age because they are very easy to control and influence. However, as in young children, their attention span is limited. Therefore, I would not recommend lessons of more than 45 minutes each. The lessons should be timed to the attention capabilities of your oxen.

I spent the next month practicing with them. During this month we traveled across the country which resulted in sporadic practicing. However, they seemed to grasp the commands very well. I completed the yoke in the middle of the month's travels. I was happy it took only a few lessons for them to get use to it. But did you know they grew out of this yoke a few weeks after our return from traveling? Before this happened we started training them to pull, and this will be the subject of the next training article.

(Continued from page 9) **How to Make Your Own Butter**

I collect the cream in a glass bottle daily after boiling and cooling the milk. I add yogurt culture to the cream in the beginning itself to prevent it from getting bad or fungus. After collecting sufficient cream I add a little bit more fresh yogurt culture and make the whole thing into yogurt overnight. I don't boil or heat it up I leave it at room temperature. The next day I make it into butter. I usually use a rod mixer because that way the whole mixture doesn't get too warm as in a closed mixer. The butter yield is quite a lot and the process quicker in this method. The butter milk can be used for cooking or for plants if too sour. This is also a traditional method without any refrigerator.

(Continued from page 9)
Mad Cow Disease and Humans

identity documents to falsify the ages of cows in order to sell them for human consumption. Furthermore, the Agriculture Ministry acknowledged that as many as 90,000 cattle could not be accounted for. About 1600 new cases of mad cow disease are still being reported each year in England.

In December, French health authorities announced finding a second case of nvCJD, a 36-year-old woman in Paris. France has continued to refuse to import British beef, even though the European Union on August 1, 1999, formally declared British beef as safe as any in the European Union. The European Union said in December it will take France to the European Court of Justice to force it to import British beef. Germany is also refusing to import British beef.

The U.S. government says mad cow disease has never been observed in any U.S. cows. However, a closely-related TSE disease, called chronic wasting disease (CWD), has been increasing for almost 20 years among wild deer and elk in northern Colorado and southern Wyoming. Since 1981, CWD has been spreading slowly among wild deer and elk herds in the Rocky Mountains and now afflicts between 4% and 8% of 62,000 deer in the region between Fort Collins, Colorado and Cheyenne, Wyoming.

Meanwhile, a 68-year-old Indiana man with a fondness for beef-brain sandwiches died of CJD last summer (1999). Beef-brain sandwiches are a local delicacy in Indiana, introduced years ago by

German immigrants. The EVANSVILLE (INDIANA) COURIER reported that John Hiedingsfelder, a forensic pathologist in Evansville, said he had seen three cases of CJD in the past year. No connec-



tion to mad cow disease has been established in the Indiana cases. Roberta Heiman, a staff writer for the EVANSVILLE (INDIANA) COURIER reportedly received a warning from a cattleman's association not to publish any further articles about this subject.

[1] Unless a specific source is cited, information in this issue of Rachel's was taken from www.mad-cow.org, a web site maintained by Thomas Pringle of Eugene, Oregon. Sources of information are cited at www.mad-cow.org.

[2] Michael R. Scott and others, "Compelling transgenic evidence for transmission of bovine spongiform encephalopathy prions in humans," *PROCEEDINGS OF THE NATIONAL ACADEMY OF SCIENCES* Vol. 96, No. 26 (December 21, 1999), pgs. 15137-15142.

[3] Terry J. Allen, "Rare, Animal-Borne Disease a Medical Mystery; Officials Examine Maine Deer in Hunt for Clues," *BOSTON GLOBE* December 12, 1999, pg. C26.

[4] Matthew Taylor, "Mad Cow Fears, Anger on Farms; Two Imported Sheep Herds Quarantined in Vermont," *BOSTON GLOBE* October 31, 1999, pg. F24.

Top: *Vraja & Gita, our Brown Swiss team. Baladeva on the plow, Balabhadra as teamster.*

Bottom: *Balabhadra, Vraja & Gita hauling logs.*

(Continued from page 13)

eyes. The American cow wins the competition, severely spraining an udder in a gritty performance, and gets a multi-

million dollar contract to endorse Wheaties. The Chinese cow is led out of the arena and shot by Chinese government officials, though no one ever hears about it. McDonald's buys the meat and serves it hot and fast at its Beijing restaurant.



Logging in the Winter, Plowing in the Spring

THE ISCOWP NEWS

The International Society for Cow Protection
Rd 1 NBU #28
Moundsville, W.V. 26041, U.S.A.
Tel # 304-843-1270, <http://www.iscowp.com>

Non-Profit
U.S. Postage
PAID
Moundsville, W.V.
Permit No.15



FORWARD AND ADDRESS CORRECTION

Saved From the Slaughterhouse