

ISCOWP News



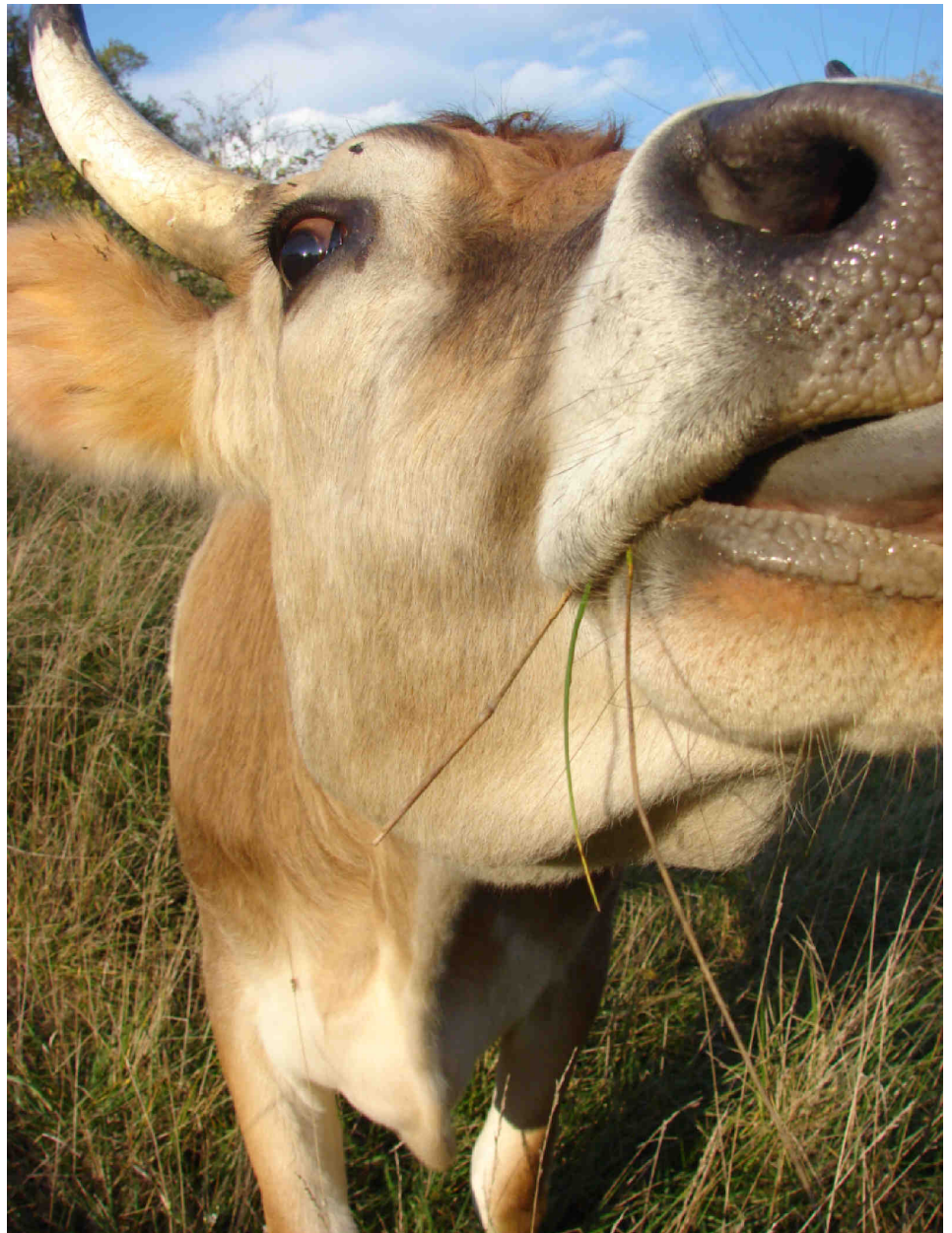
The Garden Needs YOUR Help Update!

This issue marks the 17th year ISCOWP has been serving cows. Many of you have been with us since the beginning supporting our efforts. Together we have continued to present the concept of cow protection, which is counter culture to the present culture of meat eating and exploitation of vulnerable farm animals. Even in India, where the culture of cow protection originates, the western paradigm of exploitation of cows is infiltrating into society.

At the end of every year, we are continually thankful that somehow or other we have been able to continue with this service to the cows. This is possible due to you, our members, joining with us in this effort and the mercy of the Lord. Thank you!

The challenge at the very beginning of next year will be securing the garden from the deer. The garden campaign to build the greenhouse and deer fence is more than half completed. The greenhouse is built and almost half the funds collected for the deer fence. Read what else needs to be done on page five.

We invite you to sit down in your easy chair and enjoy the articles on different aspects of cow protection within this newsletter.



ISCOWP Profile

ISCOWP was incorporated in the USA, March 1990, as a non-profit charitable 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. The tenets of cow protection and ox-power are universal and nonsectarian, available to all regardless of race, creed, or nationality.

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Editor's note

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Letters

Hindu Youth Into Cow Protection

From: Nisha <nishaji@gmail.com>

To: <iscowp@earthlink.net>;
<reeyag@gmail.com>

Date: 5/15/2007 7:04:37 PM

Subject: Hari bol

My daughter is so thrilled about ISCOWP. She creates nice presentations about ISCOWP. She is almost 9 and she does presentation completely by herself. Thank you for carrying on such an important service. Here is an interesting experience she wrote about that happened at school.

I, Radha Sakhi Vrnda, am 8 years old. I wore the Ox Power ISCOWP T-shirt to school today. It is a public school in Virginia. My friends saw this T-shirt. The school menu lunch was either roast beef or a PBJ. All the kids in my class were scared to eat beef, as they saw my T-shirt. I really love my T-shirt and iscowp. --Radha Sakhi Vrnda / Reeya.

From: Palak Shah

To: iscowp@earthlink.net

Cc: Mark Middle Mountain

Sent: 10/19/2007 7:26:56 PM

Subject: Cow Protection

Hare Krishna Mataji,

In short, I am giving a presentation to several hundred Hindu Indians in my dad's social community who may be very favorable to donating to a cow protection program. As such, I wanted some brochures/flyers to distribute during the presentation. But I found a brochure on your website I will try to print and present at the meeting. Otherwise I will introduce them to your website. I may even go and make a mini presentation to them if possible. Let's see.

I am inspired by your project and I want to visit in next Spring with my family. Let's keep in touch.

Your servant,, Premavatar das

P.S. Also just to introduce myself a bit more. I am a disciple of Radhanath Swami and a member of the New York Yatra at 26 Second Avenue. Been to NV many times but not yet to your specific project.

From: Palak Shah

To: iscowp@earthlink.net

Sent: 10/28/2007 9:08:00 PM

Subject: Cow Protection

Hare Krishna Mataji,

Dandavats. The presentation went well. Was able to plant many seeds of interest in cow protection. I will send you the donors list and laxmi very soon. I will also need more marketing materials...about 200 of each thing. Send it whenever you have some time as there is no rush for time being.

You can read more about the event on my new blog: [http://
vedicson.wordpress.com/](http://vedicson.wordpress.com/)

Ys,

Premavatar das

[A good start](#) October 28, 2007 by
[vedicson](#) (entry from blog).

Yesterday I was invited by my father and his Jain Association to give a brief presentation on available cow protection programs in the U.S. About 250 people attended the Diwali celebration at the Kearny Hindu Community Center in New Jersey. I decided to promote the ISCOWP program in New Vrindavan. Chayadevi Mataji who runs ISCOWP with her husband, Balabhadra Prabhu, provided me with brochures, newsletters, and fliers to hand out. They have a good web presence and

reputation for quality cow care. The audience was surprisingly mixed with young and old. I assumed that most Indian youth were out of touch with such activities but they were quite enthusiastically taking part.

After giving my spiel on the why and how of cow protection, the response to the message was quite positive. Actually, immediately after my presentation, I went out to setup a table in the main hall. Immediately upon displaying the materials on the table, almost all of it vanished as these young kids bored and wanting some seva (service) distributed the materials to the sitting audience members. I certainly didn't mind as these young, impressionable kids were getting some bhakti sukriti. One high school student, Hardik, was particularly inspired. We became friends and spoke at length as he is interested in promoting vegetarianism and cow protection through a student club. He's a senior and eying my alma mater, Carnegie Mellon University, as his preferred college.

An interesting observation was the reaction of the older Indians. Many spoke with my dad exclaiming how pleasantly surprised they were that (1) the younger generation is interested in promoting Vedic tradition and culture and (2) there are animal and cow protection programs in the U.S. Most such Indians send their dollars to India but we need to pull them back into these amazing programs in the U.S. I now see that this is really possible.

A Very Inconvenient Truth—by
Captain Purl Watson, Continued

From: Kurt Mausert
<mausert@mac.com>
To: <iscowp@earthlink.net>
Date: 9/29/2007 9:11:56 AM
Subject: Fwd: sea shepherd

I was struck by the transcript of the talk by the Captain of the Sea Shephard, Captain Paul Watson, that was in your last newsletter. It prompted me to write to Greenpeace (which I joined in response to Bush stealing the election in 2000). Below is that correspondence.

I thought that you might find it interesting. Also, you might want to alert other ISCOWP members that we can't assume that organizations like Greenpeace serve only vegetarian food.

Your servant, Kirtana rasa dasa
(Kurt Mausert)



Radha Sakhi Vrnda & Swami
Indradyumna

On Sep 28, 2007, at 3:26 PM, Kurt Mausert wrote:

Dear Greenpeace,

I am a member of Greenpeace and have been proud of that. But I just read a transcript of a talk by the Captain of the Sea Shepard in which he claims that meat and fish are served on board of Greenpeace vessels. Is that true?

The meat industry contributes more to global warming than the auto industry does. It wastes huge amounts of fresh water, land and grain. It produces vast amounts of pollution. And, it is horribly cruel.

I don't want my donated dollars being used to purchase meat for volunteers. So I have to ask you for a response. If Greenpeace does feed its volunteers meat and fish, I ask that you cancel my membership. Please let me know what your policy is in this regard.

Kristi Heller (representing
Greenpeace) replied:

Dear Kurt,

Thank you for emailing Greenpeace. We do not force our workers or volunteers to eat meat. We feel that it is a personal decision. Most of us here at Greenpeace are vegetarians, but our focus is not tell people what to eat and what not to it. The fact that you stated that meat is the number one cause of Global Warming is very much so debatable. Yes, the meat industry is contributing to Global Warming as well as so many other things.

The Sea Shepard's have very different and more violent tactics then Greenpeace and feel that they need to spread rumors or publish negative comments about us.

Every organization has their focus. Our focus is to preserve our ancient forests, protect the health of our oceans, and promote the use of clean and sustainable energy resources. I am not saying we are for animal cruelty or consumption, but it is not our focus. That would be like asking PETA why they don't protect ancient growth forests even though animals live in them.

On September 29, 2007 10:04:51 AM
EDT, Kurt Mausert wrote:

Dear Kristi,

Thank you for your thoughtful response. However, I can be hard to satisfy and so I need to reply. Of course I knew that Greenpeace

doesn't force its volunteers to eat meat. But you can also make a decision to serve only vegetarian food on ships at sea. The volunteers can know this in advance.

I didn't say that meat production was the number one cause of warming (although some environmental scientists are now making that claim). I said that Sea Shepard claimed that it was a larger contributor than the auto industry. Even if that statement is wrong, and meat is only a close second or third, that is a huge amount of wasted water, land, grain, etc. And a huge amount of pollution.

Bring a vegetarian for so many years (and a member of Greenpeace, too), I guess I just assumed that Greenpeace would, of course, not be serving meat on ships whose mission was to preserve the environment and protect animals (whales, seals, etc.). So I must ask: what about the cows? Why protect one species while eating another?

I also belong to a number of organizations that protect cows (Adopt a Cow, ISCOWP--it was in their newsletter that I read the Sea Shepard talk). I don't want to be donating to cross purposes.

I didn't want to accept what in the Sea Shepard's talk without checking with you (as you say, there are rumors and negative comments floating around). But you seemed to have confirmed that this is not just a rumor, that Greenpeace goes to sea with ship's coolers containing at least some meat.

From an ethical and karmic point of view, I don't want my donated dollars going to fund the killing of animals so that Greenpeace can serve meat. That contradicts Greenpeace's mission (in this member's view) and implicates me in the slaughter.

I am hoping that you can raise this issue to your board and consider making vegetarian menus a policy aboard the ships. Until that time, it is with regret that I must resign my membership from Greenpeace.

With all the damage that the GOP and Bush have done, your work is vital. I hope that I can again donate to Greenpeace in the future. But that can only happen if I can do so with a clear conscience knowing that my money isn't being used to support the slaughter house industry.



Jaya is very healthy and strong after his eye cancer surgery.

On September 9/29/2007 9:17:41 AM,
Kurt Mausert wrote:

Dear Kristi,

Just a short post script to my last letter: I can't accept that eating meat should enjoy being seen as a personal decision. The act of eating meat, with all of its environmental consequences, impacts upon all of us and upon this planet. Over fishing the oceans should not be a personal decision, dumping waste in our rivers and oceans should not be a private matter, etc., because those decisions touch all of us.

"E", the "Environmental Magazine" ran a cover story a year or so ago that asked the question: Can you be an environmentalist and still eat meat? The answer, after examining all the data, was a clear, "No".

Killing animals and wasting resources can't be a taboo topic because it is a "personal decision", anymore than killing baby seals for their fur should be.

On October 10, Kurt Mausert wrote to ISCOWP

I thought of something else to say to Greenpeace, although I didn't write again. She signed her letter wishing for a green and peaceful world. But the meat industry is de-greening (is that a word?!) the world, and there will be no peace if we slaughter innocent animals.

Cow 'emissions' more damaging to planet than CO2 from cars

Editor's note: Cows in factory farm environments, like large feedlots, are the subject of this article. The dung of cows protected in natural grazing environments is absorbed into the earth.

<http://news.independent.co.uk/environment/article2062484.ece>

By Geoffrey Lean,
Environment Editor
Published: 10 December 2006

Meet the world's top destroyer of the environment. It is not the car, or the plane, or even George Bush: it is the cow.

A United Nations report has identified the world's rapidly growing herds of cattle as the greatest threat to

(Continued on page 12)

The Garden Needs Your Help Update!

Together we have built the greenhouse! Thank you!

As explained in the last issue we had the worse garden production year ever due to the increased population of hungry deer. The garden is important because it provides organic produce premiums for you, food for ourselves, and is the basis of a budding organic vegetable business that can support the ISCOWP staff.

We were told that a 10-foot high fence would keep out the deer since they cannot jump over it. We experimented with a temporary chicken wire fence around a small portion of the garden, and it was successful in keeping the deer out until the end of the growing season when the deer began to break it apart. This convinced us we needed both a high and strong fence around the garden. The garden would then be fully protected from the deer.

Due to your generosity the greenhouse has been built! A cost of \$5, 579.84. You have also donated half the cost for building the deer fence leaving \$5, 500 more needed. The fence will protect the garden for continued organic produce for you, ourselves, and self sustaining income for ISCOWP.

As far as the rabbits and groundhogs, Rudra has decreased the population of groundhogs tremendously and has caught five rabbits this year. Digging the fence into the ground will also deter the rabbits and groundhogs.

We already have a fence around the garden to prevent the cows from eating the garden. This is made of four-foot high fence posts and high tensile wire. We would extend the posts that are there to 10 feet in height and add 12 1/2 gauge, class

three, zinc coated, chain link fencing with two strands of high tensile wire at the top. The bottom would be dug into the ground about a foot.

Currently we have 150 four foot high fence posts. The plan is to use 10 foot high 4"x4" pressure treated posts and to secure them to the existing fence posts. The fencing material we are going to order will last many

ourselves, and self-sustaining income for ISCOWP. By using the manure from the cows on the garden to fertilize the soil and then using the garden produce as sustaining income as well as premiums and our own food, we are showing the

Due to your generosity the greenhouse is built. Some finishing touches on the inside will be done soon.



example of cow protection coming full circle. We will be able to show a working example of cow protection.

Here is the fence cost breakdown:

10 Foot Deer Fence Cost

Wire	\$4, 150.00
Posts	1, 495.50
Lumber and hardware	728.50
Gates	200.00
Labor	2, 500.00
2 rolls high tensile fence wire	360.00
TOTAL	9, 434.00

years because of its heavy-duty construction. With proper maintenance, we can expect it to last at least 25 years. A good deer fence will insure we are able to grow first class produce for you.

Due to your generosity, the greenhouse has been built. A cost of \$5, 579.84. You have also donated half the cost for building the deer fence leaving \$5, 500 more needed. The fence will protect the garden for continued organic produce for you,

Please help us build this fence by sending your donation to ISCOWP using the enclosed form and envelope. Thank you so much for your help!

Cutting Edge Cow Care

By Lakshmi Devi Dove

Through the years of cow care we have learned there are effective ways to care for cow illnesses and general cow health that are not within the traditional allopathic methods. These methods are often more effective than allopath and often offer a solution when allopath does not.

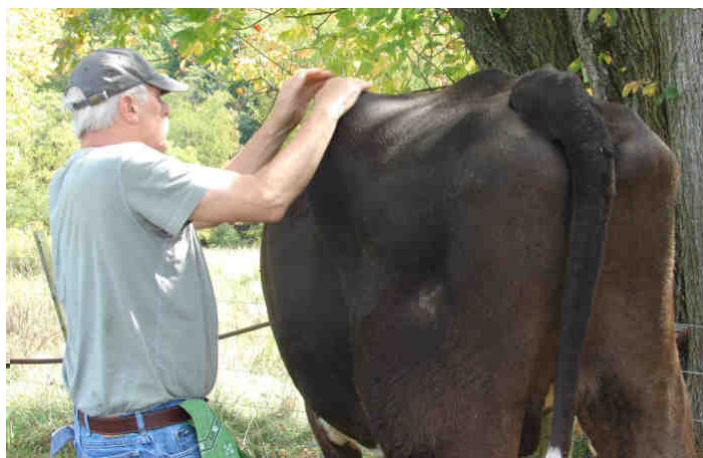
In the past, we have written about our use of homeopathy, but this is the first time we have tried acupuncture on cows. Since our cows are growing older, there are more occasions for finding effective ways of dealing with physical problems. When the herd was mostly young, there was little need and we were dependent on allopath for a variety of simple health problems that were usually solved.

Here is a short description of our first experience with acupuncture that appeared on our blog *Life With the Cows and Land*.

"One of our oxen Nanda, who is 13 year old, has had nerve problems in his back legs for almost his whole life due to an accident that took place approximately 8 years ago. Three previous vets told us there was nothing that could be done for him.

We found Dr. Harthorn who does acupuncture treatments on horses and he agreed to come and treat Nanda. He had never treated a cow or ox before and was a little unsure if he wanted to start treating one now. My Dad (Balabhadra das) explained to him that Nanda was not any ox but a member of our family and we were trying to make his life easier in his golden years.

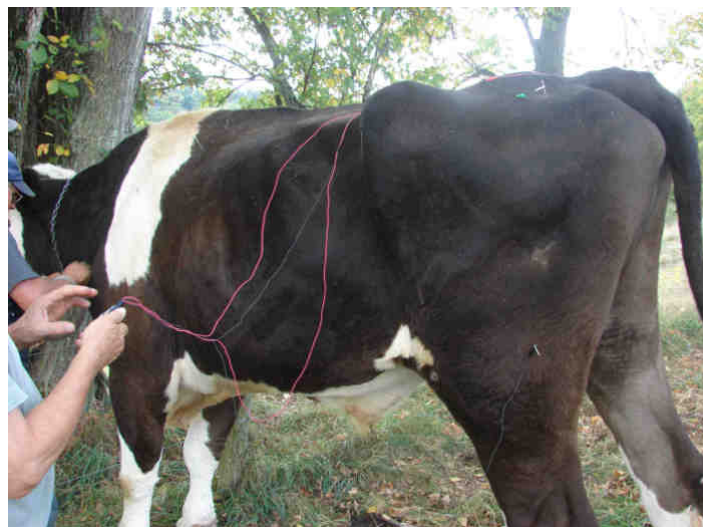
On the day of the appointment, we were going through the halters and seeing if we had one that could fit Nanda. Normally none of our cows or oxen wear a halter, but they have too when the vet visits as it makes it easier for us to control them. Therefore, we were looking and we took out the largest one we have, it is for say a Clydesdale horse. When I went to put it on him, it was 3 inches short. So, I just put a lead rope around his neck. Nanda is a huge boy, when I stand at his shoulder; there is still a foot to go before you get to the top of him.



Doctor Harthorn first felt Nanda's back for crucial spots to insert acupuncture needles



The needles were then connected to a current.



This is the first time we have tried this treatment for spinal and nerve problems for one of our cows. Immediately after the treatment, we could see Nanda was standing differently, not so stretched and more like a normal cow. Since the treatment, we have only seen him freeze up once. But in that situation he was facing down a very steep hill. Once we (Rudra and I) got him turned around, he just walked off as fine as can be. We have not seen him freeze up since that time. In the past he would freeze up, kick his back leg out, and stretch his neck into the air. His tail would tuck under his body. This occurrence was happening more and more.

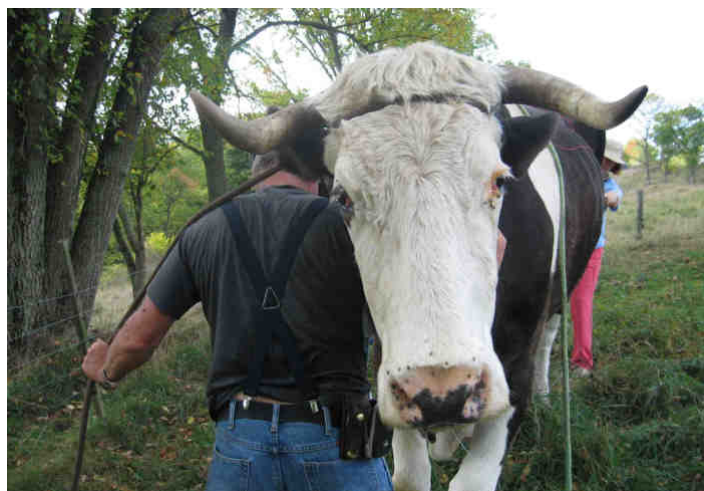
After the acupuncture treatment Dr. Harthorn gave Nanda shots of Vitamin B 12 and Hypericum. This was injected into the same spots the needles were taken out of. We had told Dr. Harthorn that we have been giving Nanda the homeopathic medicines Ruta and Hypericum. These medicines have helped but they did not make the crucial difference needed for Nanda.

We will have to just wait and see how Nanda does, maybe he will need more treatments, maybe he will improve enough with one treatment. Dr. Harthorn said he was not sure how much he could do for him since he has had this condition for a long time.

We have also been giving him Chinese herbs which were prescribed by the doctor. It has been about a month now and he is really acting better. Dr. Hawthorne ordered more Chinese herbs for him and we will observe him to determine what further treatments he may need. "

Dr. Harthorn practices a school of medicine called Traditional Chinese Veterinary Medicine (TCVM). It has been practiced in China for over 2,000 years. TCVM includes acupuncture and herbal medicine. Today, more than half of China's veterinary clinics offer acupuncture and Chinese herbal medicines on a routine basis. Yet in the United States, such modalities are often viewed as "alternatives" to Western veterinary medicine (WVM).

"Generally, the goals of TCVM and WVM are the same, both hope to promote health and to prevent disease," says Huisheng Xie, DVM, Ph.D., founder of the Chi Institute of Chinese Medicine. They are merely two different ways of viewing the world, and each system has its own strengths and weaknesses. Western medicine deals well with acute diseases and can utilize advanced surgical techniques. TCVM can be beneficial for chronic diseases, especially those that Western medicine can only partially control, but not cure. Learn more at: www.tcv.com.



Nanda got impatient and Balabhadra had to hold him.



A chiropractic tool was used on Nanda's spine and Nanda was quite relaxed after the treatment.





G uests

Professor Greg Emorey from Ohio State University at Athens was again visiting New Vrindavan with 30 students. During the weekend visit, he brought the class up to ISCOWP so the students could find out more about Krsna Conscious Cow Protection.

When the class arrived at the ISCOWP farm Balabhadra greeted them and gave them a brief thumbnail overview of Krsna Conscious Cow Protection. Balabhadra and the class then went to the pasture looking for the cows so the class could have an up close and personal experience with them.

We first came across one of the oxen named Bhima. He is a huge Holstein ox weighing about 2200 lbs and standing at six feet. The class was very astonished to see how peaceful Bhima was. He just sat chewing his cud as 30 people visited him, hugged, and petted him.

Balabhadra explained that the cows and oxen at ISCOWP have no fear of humans as they have always been treated with love and kindness. The cows know that whomever Balabhadra brings to see them will also treat them with respect and kindness.

We visited several other cows and oxen and then it was time for the class to depart. The class was very impressed by the peaceful nature of the cows and oxen.

Purushatraya Swami visited new Vrindavan recently and gave a very nice presentation about his farm project in Brazil. The project has 1500 acres in a beautiful tropical setting. Supported by a dry banana business, the devotees have 35 cows, oxen, and some donkeys. The farming and



Top: The herd in the woods during autumn.

Above: Purushatraya Swami visited from Brazil.

Opposite middle: Nanda eats hay

Opposite bottom:: Ohio University students visit ISCOWP.

We first came across one of the oxen named Bhima. He is a huge Holstein ox weighing about 2,200 lbs and standing at six feet. The class was very astonished to see how peaceful Bhima was. He just sat chewing his cud as 30 people visited him, hugged, and petted him.

hauling of loads is accomplished by the service of the oxen and donkeys. The dry banana dehydrators are fueled by wood heat and some solar. The farm has also built a small hydroelectric generator that is powered by one of their waterfalls. The gardens are extensive and the wild fruits are in abundance. The project also promotes eco tourism by visiting schools and colleges and gives many tours of their project to visiting classes and groups. This is a first class project that is well on its way to being self-sufficient.

Purushatraya swami told us during his visit to the ISCOWP farm that they are following Balabhadra's ox training lessons for all their oxen, and ISCOWP's teachings and example have been the inspiration for their Brazilian project; especially in the department of cow protection.

Cows

The cows enjoyed a very short, beautiful fall; cool breezes, no flies, deep blue skies with bright sunny days. Winter came quickly with no



Top photo: Chaya and garden produce of zucchini, peppers, and tomatoes

pasturing for the cows except in the barnyard. They are now staying close to the barn as there is a reliable supply of food.

Gita, Radharani, and Shyama are now in the geriatric barn. They are the oldest members of the herd and it is easier for them to access food and have a place to rest when not in competition with the rest of the herd in the big barn. Actually, Gita seemed to be having a hard time moving once the cold weather was constant. His arthritis gets worse in winter.

The rest of the herd is quite comfortable in the big barn with the blessings of the new barn addition. Thank you so much! There is more clean, safe room for them now.

Garden

Although this year was the worse garden production year ever due to the increased population of hungry deer, due to the temporary chicken fence on a small part of the garden we were able to harvest zucchini, peppers, tomatoes, chard, pumpkin, kale, beans and some Bitter Melon, cucumbers, dill and okra. Actually the chard and pumpkin were near to the house where Rudra (the dog) could chase the deer away easily.

We canned 118 jars of beans, tomatoes, salsa, and tomato chutney. We dried several hundred baggies of tomatoes, zucchini chips, Bitter Melon, and peppers. Although our preserves were less than usual we were happy to realize more than expected under the circumstances of a difficult growing season.

We are looking forward to starting our garden early and even possibly growing some vegetables and flowers during the winter with the new greenhouse facility.





Selling cow products at the Vishwa Gou Sammelan, Hosanagara, India

Cow Dung/Bioresource

Economic gains from meat are the basis for the cattle industry, while economic gains from milk are the basis for the dairy industry. To achieve these gains in the cattle industry, slaughtering is an integral part of the industry. However, do not think that slaughtering is absent in the dairy industry. Because the dairy farmer has a certain quota of milk he must meet to turn a profit, he must sell his cows who are not producing their quota of milk. Another economic bottom line for the dairy farmer is the unproductive male progeny of his cows, which he sells to the meat industry or veal industry. Due to their cruel and unnecessary slaughtering practices, such industries accumulate intensive Karmic reactions.

It is possible to develop other cow by-products that offer Karma free economic gain. Cow dung and urine are some amazing cow by-products utilized in India for thousands of

years in various ways. Western countries are also recognizing cow dung and urine for their many useful purposes.

The Vedic scriptures of India inform us the cow, its dung, and urine are very valuable.

"The ground becomes purified by smearing with cow dung." Brahma Purana 113. 124

Are the cow by-products of today still potent? Is the value of cow dung and urine just a sentiment and ancient belief or is there any scientific proof of its value?

The following qualities are described in Sushrut Sanhita Sutra, a five thousand years old Ayurvedic text, chapter 45 verses 217, 220, and 221. Cow urine is bitter, pungent, hot, and easily digestible, strengthens the brain, and cures cough. It is a destroyer of colic, stomach pain, constipation, itching pain, eczema, and mouth

diseases. It destroys Vitiligo, Lecoderma, and Leprosy. It cures eye diseases. It cures Ameobiosis, dysentery, diarrhea, all problems due to gas, cough, swelling, stomach diseases, and is antibiotic. In addition, it cures Jaundice, spleen enlargement, ear diseases, asthma, constipation, and anemia.

However, these are quotes from ancient Vedic scriptures. Are the cow by-products of today still potent? Is the value of cow dung and urine just a sentiment and ancient belief or is there any scientific proof of its value?

During a recent lecture given at the Vishwa Gou Sammelan in Hosanagara, India, D. Jayarama Bhat of Goa University and B. Harishchandra Bhat of Bangalore University explained the bioresource of nutrient and medicine producing fungi contained in cow dung.

Mainly fungi, through a process called succession, decompose cow dung. The many different types of cow dung fungi are a source of medicinal and nutritional important biochemicals seen by a microscope. They are nonpathogenic and harmless. Some of the medicinal chemicals and their functions found in the fungi: Cyclosporin suppresses the immune system and helps in organ transplants; Acyclic Tricarboxylic

acids are antifungal agents, cholesterol lowering, and anti cancer agents; and Benzoquinones are antibacterial and antifungal antibiotics. Some of the nutraceutical molecules in cow dung: Carotenoids are helpful in the maintenance of

(Continued on page 13)

Life With the Cows and Land

Excerpts from the blog iscowp.blogspot.com by Lakshmi devi

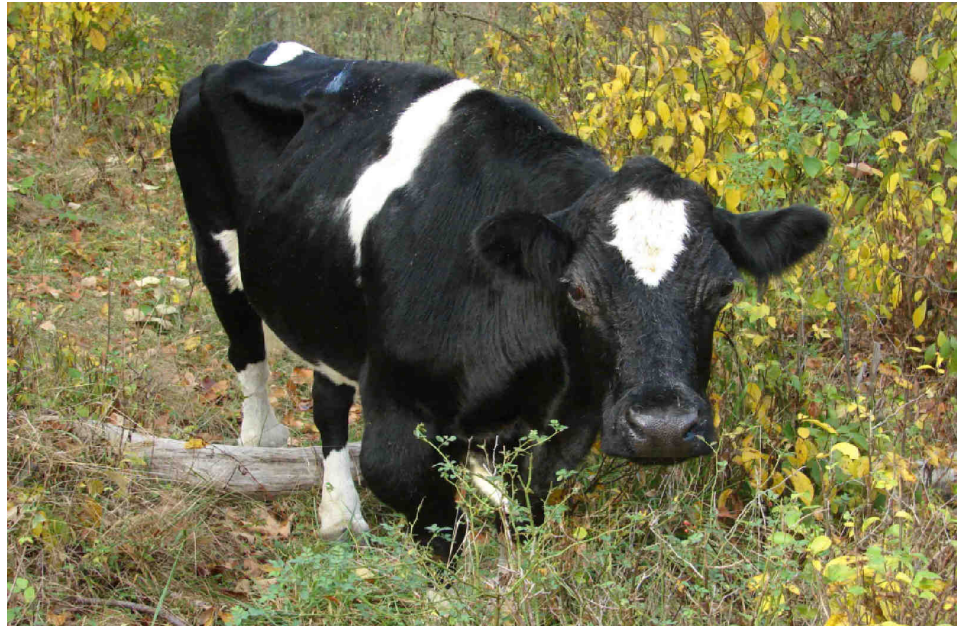
The ISCOWP blog, Life With the Cows and Land, was started about one year ago by Balabhadra and Chayadevi. Balabhadra was the writer and Chayadevi was the technician because Balabhadra is not comfortable with the such internet activities as uploading, etc. This became a cumbersome arrangement and a few months ago we temporarily made the blog inactive.

A few weeks ago, our daughter Lakshmi decided she would like to try keeping the blog updated. Her writings bring a folksy, everyday glimpse into life on the farm from the view of a cowherd, farmer, gardener and lover of farm life. They also often give simple knowledge of practical activities on the farm. Here are some of the latest entries from the blog Life with the Cows and Land.

It is that Time of Year Again

It is that time of year again to put the old cows or ones with special needs into the geriatric barn and not let them out till Spring time. In this barn, these cows do not have to compete with the entire herd for food, water, and rest. It is also the location for cows that are sick or terminally ill. Presently, we have Gita and Radharani there. Radharani is 23 years old in human years and 115 in cow years, which makes her the oldest cow in the herd.

She developed a growth on her right front leg earlier in the year. Dr. Moore our vet came and looked at it. He said as long as it is not causing her pain, or stopping her movement, he did not want to do anything to it because of her age.



Radharani in the fall woods. She is 23 years old in human years, 115 in cow years.

I had noticed a couple of days ago that Radharani was not staying with the herd on pasture nor was she coming into the barn with them everyday. So Rudra (the dog) and I



Tomatoes from our organic garden

went to check on her several times a day making sure she was getting water and enough to eat.

She is a real friendly lady and she also likes picking pockets for treats. She will eat anything; you really

have to watch her. One day, my mother was giving medicine to one other cow and Radharani came quickly over to her. Mom went to pet her on the nose and Radharani sucked her glove right off her hand and ate it! Mom was terrified that Radharani would get deathly ill. She never did and now every time she sees Mom she tries to do the same thing. Watch out for Radharani!

We were not too worried about Radharani keeping up with the herd but then it started to get cold not only at night but also during the day. So Mom and I decided that if she did not come into the barn before 4 pm then we were going to put her in the geriatric barn

Putting the Garden to Bed, Part 1

Now that fall is here it is time to put the garden to bed for the winter. This is the one time of year that we

(Continued on page 14)

Cow 'emissions' more damaging to planet than CO2 from cars

(Continued from page 4)

the climate, forests and wildlife. And they are blamed for a host of other environmental crimes, from acid rain to the introduction of alien species, from producing deserts to creating dead zones in the oceans, from poisoning rivers and drinking water to destroying coral reefs.

The 400-page report by the Food and Agricultural Organization, entitled *Livestock's Long Shadow*, also surveys the damage done by sheep, chickens, pigs and goats. But in almost every case, the world's 1.5 billion cattle are most to blame. Livestock are responsible for 18 per cent of the greenhouse gases that cause global warming, more than cars, planes and all other forms of transport put together.

Burning fuel to produce fertilizer to grow feed, to produce meat and to transport it - and clearing vegetation for grazing - produces 9 per cent of all emissions of carbon dioxide, the most common greenhouse gas. And their wind and manure emit more than one third of emissions of another, methane, which warms the world 20 times faster than carbon dioxide.

Livestock also produces more than 100 other polluting gases, including more than two-thirds of the world's emissions of ammonia, one of the main causes of acid rain.

Ranching, the report adds, is "the major driver of deforestation" worldwide, and overgrazing is turning a fifth of all pastures and ranges into desert. Cows also soak up vast amounts of water: it takes a staggering 990 litres of water to produce one litre of milk.

Wastes from feedlots and fertilizers used to grow their feed over nourish water, causing weeds to choke all other life. And the pesticides, antibiotics and hormones used to treat them get into drinking water and endanger human health.

The pollution washes down to the sea, killing coral reefs and creating "dead zones" devoid of life. One is up to 21,000sqkm, in the Gulf of Mexico, where much of the waste from US beef production is carried down the Mississippi.



Puspanjali with the cow Sri.

The report concludes that, unless drastic changes are made, the massive damage done by livestock will more than double by 2050, as demand for meat increases.

Sri and Friends

From: bruton@hawaii.rr.com
To: iscowp@earthlink.net
Sent: 11/24/2007 2:37:20 AM
Subject: Sri and Friends

Hi, I live on Oahu and my cow loving friends live on the Big Island. Two of my friends live five miles above a town between Kamuela and Hilo named Honakaa. They have a cow named Sri. They are milking Sri two times a day. I will send you a picture or two of Hariananda Das, Puspanjali, and Sri.

The Secret Life of Cows

From: Arya.Siddhanta.DG@pamho.net

To: Cow@pamho.net Date: 3/6/2005

4:30:05 PM

Subject: Cows have feelings too

The Secret Life Of Cows

By Jonathan Leake

news.com.au

3-5-5

Once they were a byword for mindless docility. But cows have a complex mental life in which they bear grudges, nurture friendships and become excited by intellectual challenges, researchers have found.

Cows are capable of strong emotions such as pain, fear and even anxiety about the future. But if farmers provide the right conditions, they can also feel great happiness.

The findings have emerged from studies of farm animals that have found similar traits in pigs, goats and chickens. They suggest such animals may be so emotionally similar to humans that welfare laws need to be reconsidered.

The research will be presented to a conference in London next month sponsored by animal welfare group Compassion in World Farming.

Christine Nicol, professor of animal welfare at Britain's Bristol University, said even chickens might have to be treated as individuals with needs and problems.

"Remarkable cognitive abilities and cultural innovations have been revealed," she said. "Our challenge is to teach others that every animal we intend to eat or use is a complex individual, and to adjust our farming culture accordingly."

(Continued on page 14)

visual system and a precursor of Vitamin A; Fumeric acid is used to treat psoriasis; and Pufa, a C-linolinic Acid, facilitates growth of infants.

The many different types of cow dung fungi are a source of medicinal and nutritional important bio-chemicals seen by a microscope.

The Go-Vigyan Anusandha Kendra in Nagpur, India (www.govigyan.com) has been conducting scientific research of the properties of cow dung, cow urine, and other Gavyas of Panchagavya. "Since ancient times in Ayurved we find repeated mention of the importance of cows milk, curd, ghee, cow urine and cow dung in the treatment of various human ailments, All these five products obtained from the cow are called Gavya individually and collectively called Panchagavya. Every one of these five products obtained from the cow has distinct qualities and uses for health care, agriculture, and other fields." Go-Vigyan Anusandha Kendra booklet

Joint research conducted by the Scientists of Central Institute of Medicinal and Aromatic Plants, a Central Scientific and Industrial Research (CSIR) laboratory, and Go-Vigyan Anusandhan Kendra, Nagpur, has resulted in the granting of a US patent for a unique pharmaceutical composition.

The research discovered the unique bioenhancing activity in a specific cow urine distillate, which enhances the anti-microbial effects of antibiotic and anti-fungal agents.

This contemporary finding is the synergy of Indian traditional wisdom and modern science. The impact of this novel patent will be on reducing the dosage of drugs to get a given therapeutic effect. It will also reduce the cost of treatment and the side effects due to toxicity, according to the details of the research paper.

Until recently there has not been much scientific proof of the efficacy of using cow dung and urine regardless of its success in various cases. That is why the work at the Go-Vigyan Anusandhan Kendra is so important. "Scientists and Vaidyas attached to Go-Vigyan Anusandhan Kendra have studied different

ous anti oxidant agents that destroy active iron free radicals from cancer affected body parts. Vitamin C, E, and A are major anti oxidants found in cow urine. Apart from these, two constituents found in cow urine, viz. Interferon protein, and Immunostimulatory protein, cure cancer.

Besides medicinal and nutritional ingredients in cow dung and urine, there are also agricultural beneficial ingredients. The Nagpur research activities in collaboration with the National Botanical Research Institute in Lucknow, the Indian Agricultural Research Institute, New Delhi, the Central Institute of Cotton Research, Nagpur, and others, concluded that



Manava Muni Goraksha Trust, Indoor, India, drying cow dung patties. They sell their cow dung and urine. Their goal is to show cows can be supported this way.

aspects of Panchgavya mentioned in ancient Ayurvedic texts and carried out clinical trials etc. on basis of these texts with encouraging results. Validated by clinical trial we have opened up a new branch of medical treatment called Panchagavya Ayurvedic System, which is giving promising results." Go-Vigyan Anusandha Kendra booklet

Here are some interesting facts found about cow urine by the Go-Vigyan Anusandha Kendra. Different types of proteins found in cow urine increase immune power of the human body; cow urine acts on cancer because cow urine contains vari-

ous cow urine mixed with Neem leaves and other natural ingredients proved to be successful in eliminating harmful bugs and insects and improving growth in various plant species.

Such scientific research supports the statements of the Vedas. Yes, cow dung and urine are beneficial to humans and plants! Why slaughter the cow when she cannot produce milk and she is still producing dung and urine? Why slaughter the bull because he will never produce milk when he produced dung and urine? Why not make medicines, fertilizers, pesticides, and tonics or sell the

dung and urine to those who are making these products?

These are only some of the practical uses of cow dung and urine. There are others both spiritual and practical. The potential of a vast number of beneficial products made from cow dung and urine is tremendous not to mention the energy generated from biogas obtained from cow manure.

"Cow urine and cow dung are uncontaminated, and since the urine and dung of a cow are important, we can just imagine how important this animal is for human civilization. Therefore the Supreme Personality of Godhead, Krsna, directly advocates go-raksha, the protection of cows." Srimad Prabhupada purport Srimad Bhagavatam 8.8.11

The Secret Lives of Cows (Continued from page 12)

Her colleague John Webster added: "People have assumed intelligence is linked to the ability to suffer, and that because animals have smaller brains they suffer less than humans. That is a pathetic piece of logic."

The Bristol researchers have documented how cows within a herd form friendship groups of between two and four animals with whom they spend most of their time, often grooming and licking each other. They will also dislike other cows, and can bear grudges for months or years.

Donald Broom, professor of animal welfare at Cambridge University, will tell the conference how cows can become excited by solving intellectual challenges.

In one study, researchers challenged the animals with a task where they had to find how to open a door to get some food. An electroencephalograph was used to measure their brainwaves.

"The brainwaves showed their excitement; their heartbeat went up and some even jumped into the air. We called it their Eureka moment," Professor Broom said.

The assumption that farm animals cannot suffer from conditions that would be intolerable for humans is partly based on the idea they have no sense of self. Latest research suggests this is untrue.

Donald Broom, professor of animal welfare at Cambridge University, will tell the conference how cows can become excited by solving intellectual challenges.

"Sentient animals have the capacity to experience pleasure and are motivated to seek it," Professor Webster said.

"You only have to watch how cows and lambs both seek and enjoy pleasure when they lie with their heads raised to the sun on a perfect English summer's day. Just like humans."

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story/0,10117,12390397-](http://www.news.com.au/story/0,10117,12390397-)

Life With the Cows and Land (Continued from page 11)

are willing to pick green tomatoes. Usually with the tomatoes we dry them as premiums for our members. If we have any extra after we have filled the dehydrators for the day, I can them as tomatoes puree, chutney or salsa.

When you do the last picking before the frost, you take every single tomato that is on the plant and any that may of fallen off since the last picking. We were lucky enough to get 5 buckets of tomatoes. One and half buckets were ripe and the rest were green.

Mom has a really good trick to get them to ripen. What you do is get out a table put it in a room that is cool but well ventilated. You then put a vinyl tablecloth on it and then pour out the tomatoes. Also make sure that there are none piled on top of each other. Now the key is to have patience. Check them every couple of days, throw out the rotting ones and offer the ripe ones to Krishna and enjoy.

Now if you want fried green tomatoes you don't have to do any waiting. My whole family loves fried green tomatoes and this is the only time of year we allow ourselves the luxury of them. The trick is to use a coating that does not overpower the delicate flavor of the tomato. The mix I use is just cornmeal and a little salt. You put this mix in a container with a tight fitting lid. When you are ready to fry I put the tomatoes in with the cornmeal and salt and shake till they are well covered. Put them into a frying pan and just a little bit of your favorite oil (do not deep fry) and cook till golden brown on both sides. Repeat as needed. Offer to Krishna and Srila Prabhupada, then enjoy.

Putting The Garden to Bed, Part 2

The second part of putting the garden to bed has been accomplished. It took us several mornings and several helpers to accomplish this job. All the Yukon Gold potatoes have been dug up. Their skins have cured and now they are in bushels in the root cellar.

It was a little nerve racking due to the weather. We had almost a week of cold and rainy days. The weather forecast was then calling for warm

temperatures but with rain showers. What we needed was the weather to be warm and dry in order to be able to dig up the potatoes. Luckily the weather did cooperate and provide us with some really nice days for digging. The weather started to change the afternoon we finished digging up the potatoes. That evening we had a rain storm and the next day the temperature had dropped 20 degrees. All we have to do now to finish putting the garden to bed is to put cow dung on a few more areas of the garden. We also need to take care of the asparagus patch.

Number 16

On any farm there are predators. Some may be dangerous depending on where you are located. Predators are looking for food and can destroy your animals or crops. Throughout time, dogs have been one way to rid a farm of such pests. Most farmers do not hesitate to protect their crops by killing these pests with guns and traps. However, if you are a peaceful person and you do not like even holding a gun, having a good guard and hunting dog is a great asset.

In the forest, the animals consist of the hunters and the hunted. A good hunting dog fits into this balance easily and at the same time relates well to humans and is controlled by his love for them. We have such a dog and his name is Rudra Babaji. Rudra means destroyer and Babaji means one who lives in an isolated place.

Rudra destroys the groundhogs who previously destroyed our entire garden, chases the deer away when the numbers are not tremendous, and destroys mice, rabbits, and rats who also come into the garden.

Rudra has now officially gotten 16 groundhogs so far this year. He is a little behind on his groundhog kills for the year. Last year he got 20 and the year before he also got 20.

Every morning Rudra goes with me to the barn to help with the cows. He likes to hunt for mice, or any other animal that dares to come into the cows' home without an invitation. Also he likes to make a nest in the hay and take a nap. Sometimes though he



Rudra offering thanks for his catch.

gets bored and goes back to parents' house to nap on the sunny yard. Yesterday he hung out with me the whole time playing in the hay and dozing.

After Rudra and I finished taking care of the cows yesterday morning, we started walking back to parents' house. When we got as far as the hay barn, Rudra all of a sudden took off running towards the old woodpile and the black walnut trees. As I rounded the corner I saw him with a good size groundhog in his mouth which he was shaking very hard. He then ran to the house with the groundhog in his mouth. It was still alive. Sometimes the groundhogs die from fright by the time he gets home. That may have been the case, because

by the time I got to the house it was dead and there was no blood.

Now we have this funny little thing we do after Rudra has gotten a pest. He really loves it when we do it. We stand there and clap our hands and tell him he is such a good boy. He really likes it when everyone does it. You are supposed to do it at least three times on the day of the catch. If you don't do it he makes sure to bring the dead groundhog to your attention

when you come out of the house. The next stage can go a couple of ways. Number one is that he immediately starts to eat the groundhog. Two is he lets it sit there for a couple of days and then he eats stewed ground hog. This is not bad in the winter time when it is cold since it does not smell much, but it is terrible in the summertime. The third way is interesting; he buries it, and lets it ferment for a week or two. Then he digs it up and has pickled groundhog. Rudra eats almost the whole groundhog every single time. That is unless we have to get rid of it because it smells so bad.

He is a good dog, he eats everything he catches. No waste.

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