THE ISCOWP NEWS

The Quarterly Newsletter of THE INTERNATIONAL SOCIETY FOR COW PROTECTION Spring 1992

Progressive Farming with Oxen

In the month of May we received local newspaper coverage on our field work with Vraja and Gita. One newspaper featured an article on their front page entitled: "Oxen providing power for progressive local farmer." We were very pleased to read the word "progressive." Working with oxen to perform tasks that tractors now perform is often viewed as regressive, not progressive, by the average American citizen that we meet. As you and I know, ox power is very progressive, environmentally, humanely, and spiritually.

Forgotten is the fact that a tractor is dependent on petroleum. In order to work with a tractor you must rape the earth of its vital elements, petroleum being only one. Tin, iron, copper, zinc, aluminum, magnesium, and rubber are a few of the others. Instead of raping the earth to produce our food needs, we can utilize a natural resource of the earth, the bull calf. Why not train the bull calf to help us produce food instead of torturing and killing him for meat?

By working with the bull; environmentally we are creating a harmonious relationship between man and the earth, humanely we are saving the lives of countless bull calves, and spiritually we are recognizing the bull as our brother, created by the same God, with his own unique abilities to contribute to society.

These pictures show Vraja and Gita helping us prepare the fields for planting. This is the perfection of their lesson in pulling and an example of "progressive" farming.

Preparing the fields for planting by cultivating and harrowing.

LETTERS

Dear friends,

We receive a lot of letters and it occurred to us that in many magazines and newsletters the letter section is very popular and well read. Hence, we decided to have a letter section for the first time in this issue. Let us know how you like this addition.

Of course we won't be able to print all the letters we receive and we will edit some of the letters to accommodate space restrictions.

Like Those Cookies!

Dear Vraja and Gita,

Thank you so much for sharing your favorite treats with me - they are so good! I can see why you liked them so much.

I hope that someday all the other oxen in the world will have the opportunity to live a useful life in a happy and loving home just like you.

I appreciate being able to help in a small way to hopefully turn this dream into reality.

Gayle Janzen
Seattle, Washington

Junior Membership

Hi Bill,

Thanx for the cookies. In addition to them being Vraja's and Gita's favorite snack, they've become mine too!

I love your idea of targeting children in the education of cow protection. I believe if humans (especially children) were aware that "pork" was really a living pig, and if "hamburger was really a living cow, etc., they'd be less ready to kill it. I once heard the statement "anything wrapped in plastic can't feel pain." My initial thought was how self-serving and stupid was the person who said it. I later realized that we're taught from birth that it's OK to eat once-living flesh, especially when it's called something other that what it really was. Hence, the need to educate.

Nina Scozzari
Woodcliff, N. Y.

Dear ISCOWP,

Please send me one "Friends for Life" coloring book for our Sunday school. Also, if you have any ideas on how I can teach cow protection and make it fun please let me know. I would like to get my children involved in your program. Would you have something like a group membership plan whereby each child could bring a dollar and feel like they were doing something? Thank you so much!

Gopasundari dasi
Chicago, Illinois

Dear Gopisundari,

Yes, you could do a group membership. The junior membership is only $10 annually and includes a quarterly newsletter including coloring and writing contests. games, and stories. Also additional literature is provided during the year. Another idea is to send us the names and addresses of the parents of your Sunday school children, and we can invite them to sign up their children as junior members. The more participants the more we can increase this program. Thank you again.

Irene Dove

McDonald's

Thank you for sending your newsletter. The on-going story of the twin bulls growing up and being trained is good material.

Cow protection in China is unevolved. The government is interested in slaughter of the cow and bull because it takes pride in increasing the production of meat.

McDonald's just opened in Beijing, after spending three years teaching the people how to grow potatoes and make french fries, how to bake bread, and how to raise cattle for slaughter.

Tattvavitt Das
Hong Kong, China

Bull Calf Training

Dear ISCOWP,

Greetings, my name is Jason and I live in a spiritual community in Northern California. We have two cows. Our Mother cow Goverdhana who is so sweet, is providing us with lots of fresh milk. Our main concern now is her calf Subal and how we are going to train him once he becomes a bull. I would like it if you would be so kind to provide us with the full information on how to completely train a young bull to work. Also , if you have any tips on milking to avoid mastitis and other diseases and how to increase milk production.

Please feel free to visit and stay with us anytime you are in California.

Jason Scruggs
Philo, California

Dear Jason,

I am enclosing our summer and fall newsletters which include the first two training lessons for young calves. We will be continuing with these lessons in the spring issue.

My suggestion is to start when Subal is young. He should have a halter on so that you can attach a lead rope to it. The person who is going to train him should spend time with him every day, walking around with him and giving him the different commands while walking. The basic commands are " Get-up" to go forward; "Whoa" to stop; "Gee" to turn right ,and "Haw" to turn left. So, you can start like this. Just go for a walk with Subal daily so that he gets used to being lead on a rope and responds to the commands. I started training Vraja and Gita in the ring when they were 4 1/2 months old. We started going for walks when they were 3 months old How old is Subal?

Concerning your question about mastitis. One thing which we felt contributed to mastitis was stress and anxiety in the cow's life. Milking should be on time and at the same times every day. During milking she should be offered some of her daily grain ration. The person or persons milking should be of gentle nature with a sensitive touch. Over milking or under milking are also causes of mastitis. If she does get mastitis try to avoid using antibiotics. You can milk out the infected quarter every hour so that the infection doesn't have a chanceto build up and spread.

Concerning feed to increase milk. The amount of grain will increase as her lactation progresses until she peaks, and it will decrease as her lactation draws to a close. Also there is nothing like first class alfalfa hay for making milk. If you can get some books from the library on feeding of dairy cows they should give you a lot of information on different feeds and their qualities.

William Dove

HOW TO MAKE A YOKE

Reprinted with permission from author Ben Jenkins (Parmananda das)

This is the second installment of this article, the first appearing in the fall ISCOWP issue of 1991

In order to get the grain lined up so that it goes lengthwise across the whole yoke and gives maximum strength, we want to make the yoke out of one quarter of the tree. Therefore, the tree has to be quite large. The diameter of the Sycamore log that I am going to use is 2 1/2 feet. If you are making a six inch by eight inch, or a seven inch by nine inch yoke, you have to start out with a quarter that is at least a foot wide, so that by the time you get it trimmed down and squared it won't be too small. There is a two inch difference between the depth and the width of the yoke that I am going to describe.

The yoke I am going to make is six inches across the top and from the highest point to the lowest point it measures eight inches. If you had bigger oxen you might want to make it seven by nine. I've never made a yoke bigger than seven by nine. I don't think it is necessary for the strength of the yoke, and if you make it bigger than that you are really just adding extra weight on the necks of the oxen without any purpose. A yoke should be designed to be as trim as possible without compromising strength. The log should be six feet long to begin with.

To quarter the log, I use wedges and a sledge hammer. Such a big log may take a lot of wedges. If a quarter is too small you can split out a bigger section and make the yoke out of a third. You may have to make some quite large wooden wedges in order to split it evenly so you don't ruin the log. It is possible that only one or two quarters will be good and the others will have a lot of knots in them. If you can't split your log with wedges, you can resort to a chain saw and slice the log in quarters.

Diagram 2 shows the end of the log divided in thirds. The spotted rectangle is the end of the yoke. If made this way the grain will run all the way through the center of the yoke. This rectangle should be laid out at both ends of the log and then lines drawn connecting the two ends. These are important guidelines for squaring the log. This rectangle should be laid out before splitting the log so you are sure your section of wood will be large enough for the yoke.

Make sure to leave an extra inch around the lines. You may have to shift the layout a little due irregularities in the grains or an unforeseen knot.

As you can see in picture 1, I'm using a broad axe. If you have this tool, it is ideal for squaring a log and hewing it. It is flat on one side and it is specifically made for hewing. Its broad cutting edge facilitates making a flat surface. With this tool I am going to flatten out this quarter on all four sides and make it into a rectangle, six by eight inches.

Picture 1 Beginning to square the log with a broad axe

To hew a log, hit it at an angle and make notches that penetrate as deeply as possible. After you have made a whole row of notches that penetrate as deeply as possible, lower your axe almost parallel to the log, and swing it right along all the notches. They will all come off. In that way you work your way down and begin to develop a flat, hewed down surface. Throughout this process, you want to be careful to keep looking at your lines to make sure you are making a nice squared off piece. Keep turning the log and working on all four sides at once. Gradually work your way in toward your lines. Don't come too close to the lines because there may be some irregularity since you are working with a very rough piece of wood and you are doing a lot by eye.

Use an L square to check your angles. You want to get right angles as you go around the log. Be careful not to take big

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True Farmer's Network

Each issue we will feature a network member to acquaint our readers with farms that are protecting cows.

This issue we are featuring Ananta Krsna who heads up the cow protection program at the 90 acre New Varshan farm in New Zealand, Here are excerpts from her letter to let you know how cow protection is going on "down under."

My name is Ananta Krsna dasi and I wrote to you sometime ago regarding the PR you have with your bullock program. You wrote me back a long informative letter including pamphlets that you send out.

I'm sorry that I never replied to your letter. Since then I have been developing our cow protection and bullock program here on New Varshan Farm in Auckland, New Zealand.

Ananta Krsna with Bala & Rama at the Royal Easter Show

Last summer I took our bullocks to the Royal Easter Show and gave rides throughout the day for 13 days. Although I am able to drive the bullocks, the crowds that we had to go through made it imperative that we lead them for the safety factor. We also had our calves there with a display on cow protection.

Since then I have taken over the maintenance of our Goshalla and am currently milking 4 cows. I am getting approximately 90 litres of milk each day, and I am supplying the temple, our school, and our restaurant with all the milk they require. I also make curd, yogurt, cottage cheese, and 8 hard cheeses.

I have also set up a cow sponsorship program with photos of each cow and a monthly or yearly donation. Friends can sponsor an individual cow or the general herd. Indians come and do puja and make offerings. This is very nice. Whenever people sponsor the cows, they receive a framed certificate with a photo of that cow on it.

Regarding our bullock program, all young bulls are handled a lot including picking up their feet, leading, grooming etc. I then drive them from behind with long reins on each side of their bridle. Then I put them in the gig. If I have another one of the same age/height, I yoke them up together after they have been taught to individually drive. I make all my own gear. Unfortunately I have had to use leather because of the strength factor. I have a large truck which we have converted to carry 4 bulls, or 2 bulls and the cart. They travel well in it and I only need to get a paint job done.

I am saving to get a Tropicultor from Hyderbad India. This saves up to 30% of the bullocks energy and does the ploughing, cultivating, harrowing, discing, seeding, etc. from the one machine. My goal is to work the bullocks as much as possible. I do a lot of odd jobs around the farm with them, but as yet, they aren't ploughing full time.

I do all the cows and bulls feet. It is of course much easier with the new ones lifting their hooves as they have been trained. With the older cattle, their feet need attention and I have a great device that you may or may not know about. Please find enclosed a pamphlet on it. I have one Hoofnac and they are great. They really do work and it saves having to "drop" your cow/bull to the ground by putting 2 half knots around the body and putting your weight into it. This is an unnecessary stressful situation for them to go through when you have the Hoofnac. The other alternative is to put them unconscious. The Hoofnac is far superior to any of these other alternatives. It is portable and can be screwed onto any railing anywhere.

In the past I have used heavy wooden yokes, but I have found a lot of energy goes into holding it up. So I made a new one that works very well. Basically, I had a piece of piping bent the shape of the yoke, and I had the neck parts padded as in horse collars. The result was a very light weight yoke that is comfortable and will never bend or crack. I also got the bows bent and shaped with a bend going forward so when they put their weight into the bow, they don't cut off their windpipe. The sides of the bows are also padded.

So, that is what we're doing down under here in New Zealand with our 38 cows, bulls, and calves.

If you'd like to get in touch with Ananta Krsna write to P.O. Box 104 - 020, Lincoln North, Auckland 8, New Zealand. If you are protecting a cow or cows/bulls on your farm and want to share your experiences with our readers send a letter and pictures to us so we can publish it in this column.

THIRD LESSON - PULLING

Please refer to the pictures on the front cover

In the very beginning there is the noise factor which they will find disturbing. Vraja and Gita kept turning their heads inward at every step to see what the noise was and when they figured something was behind them they settled down. To diminish their apprehension, I first approached the object to be pulled by walking them up to it to sniff at it. I then put the chain on it, and hooked them up. They could then understand it was the log which was making the noise as it traveled behind them.

From the very beginning they should learn to start as a team by standing while the load is hooked to the yoke irons. Then, upon the command "Get up," start together to get the most efficiency from their combined efforts. Not that one is starting ahead of the other. In the beginning your team will be pulling light loads. If they do not start together it will not be so noticeable, however; when they are grown and expected to pull heavy loads the uneven starting will be readily noticeable and the pulling efficiency of your team, especially on the initial start, will be greatly diminished.

Start with something light so they know something is there. As they learn more and more that they are pulling something, or are expected to pull, you can increase the size of their load. Vraja and Gita started with a light log, then heavier logs, a sled full of rocks, a cultivator, a spring tooth harrow, and now a sickle bar mower to bush-hog (cut the grasses) our pasture.

Be sensitive to their conditioning and abilities and understand that this is something new to them that they should work into gradually. Just like a weight lifter works up to the number of pounds he is lifting gradually according to his conditioning and ability. The same should be true for your team. They should never be hooked to a load they cannot pull.

At first you should be working in open areas pulling for a distance, resting, and pulling again for a certain distance or allotted time period. After every 2 or 3 pulls, practice unhooking them from the load, making a "Gee" or "Haw" turn, (whichever they need more practice on) approaching your load and hooking up again. In this way they will become familiar with what is expected of them in hooking up to a load.

After several days of working in open spaces, depending on the ability of your team (how fast they have learned the pulling) take them into a lightly wooded area which is in essence like an obstacle course. Now you can practice pulling a load in a more demanding situation. Survey your area and design a course you can run them through which will give them experience pulling a load in a closely confined area. A good example of a confined space is between two trees slightly larger than the outside measurements of their bodies and yoke .

One thing you should know as a teamster is how to lead a load. If you cut a corner too sharp your load will snag which is a very big problem. Backing up is not an easy function for them, what to speak of with a full load. So, be aware you must allow a sufficient distance when making a turn so that your load will not be snagged.

The ideal is to work with your team on a daily basis. That way they can learn their lessons rapidly. If you do this you will see daily progress every time you take them out and run them through their paces. Don't forget all commands should be preceded by their names so that they know they are being spoken to. When you stop for their rests, tell them they are doing good: "Good Vraja", "Good Gita," and rub under their necks and behind their ears. Take some snacks along as special treats as they are doing their lessons. As you know, Vraja and Gita like oatmeal-chip cookies. Maybe your team likes carrots or apples. You will see they will be eager to please.

The performance of the team will only be as good as the teamster is qualified. So remember the ability of your team rests on your shoulders and your loving relationship with them.

How to Make a Yoke

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chunks out of the wood when you hit a knot or if the grain changes a little in the wood, because it could spoil your yoke and make it a very ugly, messy, irregular thing. If you want to do a nice job, you have to watch the grain carefully. If you see that the grain is changing and the axe is digging in too far, then you turn around and hit the chunk from the other direction. This hewing is not light work. In the right mood the quartered log can be squared in a day.

Diagram 2 End of log divided into thirds, dotted rectangle is end of yoke.

The article "How to Make a Yoke," appeared in the 1984 "ISKCON Farm Newsletter" written and published by Ben Jenkins. Further installments of this article will appear in the future issues of the ISCOWP News. We will also be reprinting "Making the Irons" and "How to Make an Oxbow."

We recommend you save these issues as they will prove to be invaluable when you are seriously ready to train and equip a team of oxen for your farm. We apologize for the break in installments due to last issues Annual Report.

The main gear ,or "bull" gear, and smaller gear recently purchased for the metal prototype of the water system powered by oxen

Water System Progress Report

As mentioned in the previous issue we will be making a metal prototype of the water wheel before building the wooden wheel. There are several advantages to doing this. First, a "natural" resource of America is the junk yard. A small family farmer can find the gears at such a place at a low cost. Second, we should be able to manifest the prototype within several months and get an idea of some of the problems involved in producing the wooden system. Third, there will be a system operating soon to give everyone the realization that ox power is a practical alternative energy.

Shown above is the main gear known as the "bull" gear and a smaller gear (sitting on top of the main gear) that we recently purchased due to the contributions of our members. Now we are looking in junk yards, auctions, and salvage yards for the remaining 6 gears to finish the metal prototype.

The well that we presently have on our property is a 6 inch tube well being pumped by an electric pump. This is a common type of well. It is preferable to have running water on your property. It is much easier to tap into for irrigation since the water is already on the surface.

Since the goal of this project is to show ox power as an alternative to electricity and other standard forms of energy, we are researching pumps that do not depend on electricity. Piston pumps or an auger-shaft could be put into the well. As the auger turns, the water is propelled upwards. These types of pumps are used in South Africa and we are presently trying to get a lead if they are available and from what depth they can deliver water.

Part of the problem is that most of these systems can deliver water from a maximum depth of only 40 feet because the weight of the water has to be moved upwards in a 6 inch tube. For every foot of pipe, there is a gallon and a half of water which will be 12.3 pounds of weight. If your auger is at 40 feet, the initial force against the water would have to propel 492 pounds of water just to get the momentum going. When the appropriate type of pump is found it can be used for our wooden water wheel as well.

During our travels this summer we are looking forward to an exchange of ideas with you are members for the completion of this project. We thank some of our members who have made suggestions which have proven valuable. Of course you can always write us with your ideas. When we get back from our travels in late August we hope to proceed in full force to complete the project by the end of the year.

We have decided to print the names of all water system donors at the completion of the system to leave room for information we wanted to include in this and subsequent newsletters. Water system progress reports will also follow in further newsletters and literature.

Laksmi's Kitchen

The first step in cow protection is vegetarianism. If we are discussing protecting the cow and bull, certainly we must discuss not eating them. Since the American diet is based on meat eating, we can not negate the meat consumption without offering an alternative. Therefore, in this column we are presenting the knowledge of how to prepare the components of a vegetarian meal.

In the fall 1991 issue we presented a favorite vegetable recipe of Laksmi's. This time our recipe is a high protein, tasty soup which we include with our main meal every day.

Yellow Split Pea Soup

BEAN SOAKING TIME: 5-6 hours
PREPARATION TIME: 15 minutes
COOKING TIME: 1 3/4 hours
YIELD: enough for 5 or 6 persons

1 cup (250 ml) yellow split peas
2 quart (2 litre) water
1 1/2 teaspoons (7 ml) minced ginger
1 1/2 teaspoons (10 ml) hot green chili
1 bay leaf
1/2 teaspoon (2 ml) tumeric
2 tablespoons (40 ml) ghee or oil
1 teaspoon (5 ml) salt
2 tablespoons (40 ml) fresh lemon or lime juice
1 teaspoon (5 ml) cumin seeds
1/4 teaspoon (1 ml) yellow asafoetida powder (can be bought at Indian store)
1 tablespoon (20 ml) brown sugar
2 tablespoons (40 ml) chopped fresh parsley or coriander

1. Wash the beans and soak in twice as much hot water.
2. Place the split peas, water, ginger, chili, bay leaf, tumeric, and 2 teaspoons (10 ml) ghee or oil in a heavy, 3-litre/quart saucepan. Bring to a full boil over high heat, stirring occasionally. Reduce the heat to moderately low, cover with a tight fitting lid, and simmer for 2 hours or until the split peas become soft. Add the salt and lemon.
3. Heat the remaining ghee or oil in a small pan over moderately high heat. Saute the mustard seeds in the hot oil until they crackle. Add the cumin seeds and when the cumin seeds turn dark golden brown, add the asofetida, stir once and add the contents of the pan into the cooked soup. Add the brown sugar and stir well. Let the soup sit for 1 or 2 minutes; then add the chopped herbs. Serve hot.

On the Road Again

We mentioned in our last newsletter we wouldn't be doing much traveling this summer, and we definitely would not be traveling to the west coast. Our plan was to develop our small family farm here in North Carolina. But, due to popular demand and the fact our neighbor Ray Christopher (Ram das) will harvest the crops we just planted while we are gone, our plans have changed. We will be in Washington, D. C. on the mall July 3, 4, & 5; Boulder, Colorado, July 25, 26; Los Angeles, California , August 1, 2; and San Francisco, California August 9. There may be other events popping up in the near future since the change in our plans occurred recently. We are also working on some historic events in our local area. We would like to give special thanks to Dennis and Caroline Constantine and Henry Schoellkopf who have made our trips to Denver and Washington possible due to their generous donations.

And don't forget, $100 will get your name on the bus! Give $1000 and your name will be placed with special distinction!

Grassroots and You

ISCOWP is primarily a grassroots organization depending totally on its members. No foundation, wealthy benefactor, or government agency is backing ISCOWP. You, our members, are its foundation and support.

William works a variety of jobs to pay the family bills When the donations are low and ISCOWP has bills, he works extra to pay those. The time that is left is spent on developing ISCOWP.

Irene does all the paperwork: correspond ence, newsletters, seminar curriculum, fund raisers, etc. This is alongside the duties of housewife and home schooler.

This means that our members are most important and the heart of ISCOWP. You may think your $30, $10, donation is very small and really isn't going to help us, but you are wrong. Put you $30 donation together with another, and another, and you get the support that keeps ISCOWP going and progressing. Of course you can give larger donations if you are able. We print a financial report at the end of every year to let you know where the money has gone.

Due to the frustration of meeting the monthly bills and having enough time to develop the projects of ISCOWP we are offering the opportunity to our members of a monthly pledge. Your monthly pledge would provide a steady income for ISCOWP and free up our time to develop the goals of ISCOWP.

We will bill you monthly if that would please you, and we will send you pictures every month of what we have accomplished that month. Four times a year we will send you a dozen oatmeal-chip cookies, Vraja and Gita's favorite snack, for any pledge of $30 or more. Please refer to the enclosed form and thank you, our members, for your continued support.

The International Society for Cow Protection

The International Society for Cow Protection (ISCOWP) is primarily concerned with presenting alternatives to present agricultural practices that support and depend upon the meat industry and industrialized, petroleum powered machinery.

Our Goals:

1. To provide natural alternative energy by training bull calves as working teams of oxen.
2. To utilize ISCOWP's alternative agricultural practices as hands-on experience in living classroom settings.
3. To demonstrate the usefulness of the natural by-products of the cow by encouraging the production of methane biogas from cow manure as a valuable alternative energy source.
4. To present the benefits of a lacto-vegetarian diet through educational literature, nutritional cooking classes, organic gardening instruction, and the production of cruelty-free dairy products from lifetime protected cows.
5. To exhibit a sound ecological relationship between man, cow, and the land by establishing small family farms modeled after the historic Vedic example of agrarian harmony based on lifetime cow protection.
6. To educate society about the practical benefits of lifetime cow protection by distribution of the quarterly *ISCOWP NEWS*, related books, literature, and educational videos.
7. To convince society of the living entity within the cow by direct contact with the oxen through our Cow Protection Outreach Program.

ISCOWP was incorporated in March, 1990 as a non profit organization. William and Irene Dove (Balabhadra das & 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. It is 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. All donations are tax deductible. ISCOWP's tax# is 23-2604082. For more information: ISCOWP, RD 1, NBU #28, Moundsville, WV, 26041, USA, TEL: 304-843-1270, FAX: (call first) 304-845-5742, e-mail: iscowp@ovnet.com, iscowp@com.bbt.se

THE ISCOWP NEWS

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