THE ISCOWP NEWS

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

Although there is an increase in the people who are becoming vegetarian, there are yet more Americans who still are unaware of the connection between the suffering animal and the meat on their plate. One of the most often asked questions at the booth was, "What are you protecting cows from?" The fact that this question is asked as often as it is shows how well concealed the cruel slaughter of the cow for beef is from the consciousness of Americans. No connection is made to the suffering animal.

To make this connection real to the public and to present to them the spiritual, health, and environmental reasons they should give up eating the cow and take up cow protection is the motivating reason that ISCOWP travels across the country.

We have found that once people understand the vegetarian concept they can understand the necessity of ox power. This year we had people seriously requesting seminars in training oxen so they can begin their own sustainable farm based on cow protection.

Our travels took us to events from the nation's capital on the east coast to Los Angeles, California on the west coast. The top picture on this page shows William, Vraja, and Gita explaining the issues in Los Angeles, and the bottom picture shows them leading the San Francisco Rathayatra parade in Golden Gate Park. This issue is dedicated to the traveling Cow Protection Outreach Program's summer travels.

SUMMER TRAVELS

Spreading the knowledge of cow protection coast to coast.

LETTERS

Dear friends,

Thanks for the big response to the new letter section. We will expand it in our next issue. So, keep the letters coming. In addition William and I were thinking you could write us your technical questions about taking care of your cow or ox. We could answer it in the letter section and that way we'd be covering topics that you the reader want to know about. Even if you don't have a cow perhaps you always wanted to know some facts about how to take care of one.

Irene Dove
Editor

Water System

Dear Balabhadra and Chaya,

I have received the latest issue of ISCOWP News, and appreciate it very much. I can imagine the difficulties in doing all that you do in a day. This work is very much needed. Please accept my continued support.

I was struck at the enormity of your bull gear Balabhadra, the closest thing to it I've ever seen in these parts was barely half the diameter. I think it was the main parts for a sorghum press. But as far north as this is I'm not sure.

Anyway, in your report you mentioned you were trying to find if piston and/ or auger pumps are available. If you need more source addresses you might like to try an "inter-library loan' request through your local library for a copy of "Tools for Agriculture - A Buyer's Guide to Appropriate Equipment" 3rd edition printed in 1985, and published by Intermediate Technology Publications of London ISBN 0-946688-31-1 1984. Should you be unable to obtain a copy let me know, and I'll borrow it again here and get you a photo copy of those "well parts" addresses I recall seeing.

Parampadam das
Mason, Wisconsin

Dear Balabhadra,

Thank you so much for the latest issue of the "ISCOWP NEWS"(Spring 92). I have just spent the last hour reading it from cover to cover. I noticed something in your article concerning the "Water System Progress Report," and I thought I might bring it to your attention. You suggested that screw type pumps might not be able to pump water from a depth of more than 40 feet and that the weight of the water in a six inch diameter tube would probably be too heavy to enable the pump to move the water productively.

Good news, the mono or screw type pumps use a one to one and a half inch pipe inside the casing to move the water from the bottom of the hole to the top. This smaller diameter pipe is very efficient and can develop the desired amount of gpm of water flow out of the well provided the rpm's of the screw are increased.

I hope this has made some sense to you and that you are successful in your quest for some of this technology here in America. Please let me know how I can be of help to you in developing this water system for your farm.

Pranaballlabha das
Denver, Colorado

Dear Readers,

I hope you find the information contained in these two letters useful as we did. We met with Pranaballabha in Boulder and got some more info on building the water system. Next issue we will have a water system report.

Editor

Live Happily Off the Land

Dear Balabhadra & Chaya

Thank you for what you are doing for the world. Amrta and I just spent 2 months in Fiji Islands where the people quite easily live off the land. We experienced for the first time that when you have less material facilities the mind is automatically more satisfied with Krsna Consciousness. And when I came back to the U.S. I attended the forum for rural development in Topanga Canyon, California where I was educated about the truly precarious situation of people in cities in the west. We're so dependent on a dwindling resource-petrol. The result will be that our main providers like the agri giants, food production, and transportation will shortly be unable to manage. Then what will be the use of our $300,000 suburbia homes with no land, water, or cows? Actually most of us have NOTHING but decorations for a dead body. Your work is so enlivening. It is hope, proper direction, sanity and what Godly human life is about. Jaya! All glories to cow and bull protection.

I wrote a funky poem for you.

"Protect Em"
The bovine is a creature who
Gives her milk with love for you
We take it gently from her udder
That is why we call her mother.

The male will till the fields by day
Or pull our cart the longest way
All he asks is peace and fodder
That is why we call him father

Without the help of Bovines dear
Our path to life would be unclear
Take their work, their milk and other
But please don't eat your dad and mother

Rasamanjari & Amrta d.d.
Turlock, California

P.S. Could you please send a copy of Spring's 1992 ISCOWP News to Animal Voice magazine? They do good work for the sake of animals but in ignorance they did an article criticizing using bulls for working.

Visiting the Farm

Bill,

I'd like to thank you for allowing me to visit the farm. I've been busy at school and haven't had much time to write. I'd like to visit again but I'm working to pay for next year's school. I've been looking into alternative energies and organic gardening. I even wrote a research paper on organic farming and included what I learned from you. Thanks for sending me your latest newsletter and thanks for the experience. I hope to do it again soon.

Greg Edge,
Wilmington, N. C.

HOW TO MAKE A YOKE

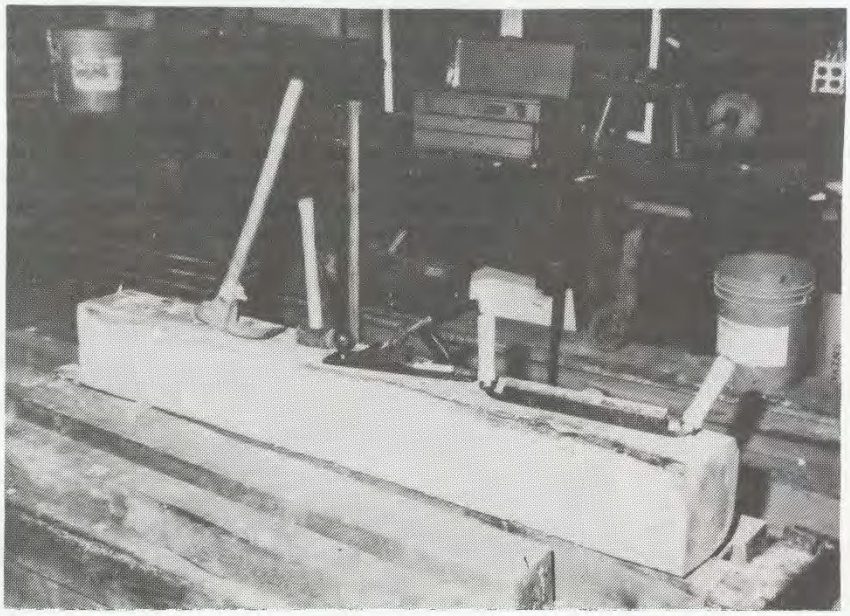
Reprinted with permission from the author Ben Jenkins (Parmananda das)

This is the third installment of this article, the fourth and last appearing in the next issue

Picture 2 shows the squared off quarter of the log with the different tools that were used to finish it off after I was done using a broad axe. The first tool on the left is called an adze; it is used for the finer work of smoothing out a log, making it nice and flat, and for carving the yoke into its final shape. I hit this adze with a heavy hammer which is sitting next to the adze. This hammer is made of copper which is a soft metal. A regular hammer which is very hard would destroy the adze if you repeatedly hit heavy blows on it. You could also use a dead-blow mallet which is made from plastic and is filled with lead pellets. :You can hit with quite an impact but it has some resiliency so it also won't mar the adze. So the adze is used for the finer stages of leveling and carving the piece of wood. You'll get tremendous control overt your wood with this tool. You can hold it at different angles to cut any direction you want and as thick a piece or as thin a piece as you want.

The next two tools are a large size plane and draw knife. I use both of these to finish smoothing and leveling after finishing with the adze. First I use the draw knife to get out humps and ridges in the log, and then the plane which is very helpful in coming up with a very flat, square surface. During this time I have to be constantly checking with the L square because the successful laying out of the yoke depends on the corners being perfectly square. If they are not square, the whole layout of the yoke might be lopsided which could make it considerably weaker due to not taking full advantage of the grain of the wood.

Now that the log is squared, it is time to lay out the actual yoke. You should have two patterns made-one for the top of the yoke and one for the front (see diagram 3.page 6.) First draw center lines on the top and bottom, both ends and all around the middle of the stick. You have some choice where to lay out the yoke lengthwise because your stick is about one foot longer than the yoke. The thinnest part of the yoke. The thinnest part of the yoke is over the necks and the most stressful point is the center, so try to avoid any knots or grain irregularity at these points by shifting the pattern to the left or right, where it fits best.



Picture 2 After the broad axe stage, smooth and square the surface using; (left to right) an adze, a hammer, a plane, and a draw knife.

When you draw the pattern on opposite sides of the stick, make sure the two drawings are lined up together, that they exactly correspond.

Now draw a line down the center of the top of the yoke. Along this line place the holes for the bows which hold the yoke on the oxen. Drill the holes now because after you have started carving the log and it is no linger square, you can no longer line up these holes and drill them properly. They have to be drilled at just the right angle, very straight, so they come out right in the middle of the bottom of the yoke. Otherwise the whole yoke will be lopsided. There are two holes for each bow, as you can see. These holes are two inches in diameter. I don't know of any power drill, unless you have an industrial type drill press that will drill a hole this big. It ca best be done with a hand auger.

The next step is to take a hand crosscut saw and make a slit every two or three inches within a quarter of an inch off the line. I do this all along the outer edge of the yoke, which makes it very quick and easy to chop these sections out with the adze and very carefully hit it with the hammer and chop out all these blocks, changing directions so that you are always chopping downwards and with the grain. You then have a rough edge which you can smooth out with the adze and the hammer. The adze is the tool you will

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ISCOWP's Travels, SUMMER 92

as told by Irene Dove

Washington, D.C. July 4.
Due to Henry Schoellkopf's support we were able to attend the Festival of India in Washington D.C. on the July 4 weekend. We met people from all over the world who had come to the nation's capitol for the July 4 celebrations. Many bought T-shirts and took literature to bring home with them.

Heather Arcovitch, who lives and works in Africa teaching animal traction as a means of improving the lives of the local residents, was delighted to see Vraja and Gita. She trains oxen in Togo, Africa so she was very glad to unexpectedly find oxen at the nation's capitol.

A little girl about 10 years old excitedly came over to announce she was vegetarian. Then, with her father standing there, explained how she hates meat but her parents sometimes make her eat it because they think it is good for her. Later she showed up with her mother who told me her daughter is converting her to vegetarianism.They bought a coloring book and I was struck with admiration for the little girl and all our junior members who are determined not to eat Vraja's and Gita's friends.

Distributing the knowledge of cow protection at the booth in San Francisco

I asked several people who bought Stop the Murder T-shirts if they were vegetarians. They said no. I stopped asking. I was really impressed that the message to not eat meat would be seen in non-vegetarian circles.

The July 5 issue of the Washington Post gave us some coverage on the front page of section B in their write up of the July 4 activities; "Straight ahead was an Indian festival, punctuated by the strains of Hare Krsna music and highlighted by the massive bovine roaming around a fenced-in area behind a tent set up by the International Society for Cow Protection. "Stop the Murder," said the sign, which featured a drawing of a cow between two halves of a hamburger bun."

Boulder, Colorado July 24-26
Due to the support of Dennis and Caroline Constantine we were able to attend the Festival of India at Boulder Colorado.

There definitely was a big change in the response we received this year compared to the response we had last year. Most people asked intelligent questions and listened to the answers. Some who took the pamphlet "There are a Million Reasons You Should Protect Cows" came back the next day with questions.

Most memorable were Corinne Helmberg and her mother Mary Lindstrom. Corinne told us how she has been slowly converting her family to vegetarianism for the last 14 years. She still eats a little meat but is continually progressing to become a full vegetarian. At the end of the festival she and her mother told us if they had a picture of Bill and his oxen they would never eat meat again. We took a picture on the spot with our Polaroid camera and they walked away strongly determined to give up meat.

Kapil Sharma, age 12, came up to the booth to announce, "I don't go to McDonald's. They don't have anything there." The older folks standing at the table agreed with him.

"It's hard because the kids at school have parties, and after everyone goes to Arby's and I go too. Sometimes I end up eating meat. My friends tell me, 'I just eat meat, but I don't kill the animal.' I tell them because you eat the meat the animal is killed. They don't admit to it though."

I told him to keep trying to let his friends know the truth. Someday they may understand.

Some students from Regents University took a video of myself answering questions and explaining the philosophy of cow protection to present with their thesis on Indian culture. Later they came back to buy an Udderly Cool T-shirt to wear at the presentation.

Gita and Vraja led the parade with Gita mooing the whole way. William said he was looking in the store windows and saw his reflection. He thought it was another cow and he mooed a big hello.

The onlooker could easily see Vraja and Gita were trained as they continually obeyed commands while marching in the parade.

Here too we also had the good fortune to get newspaper coverage. The Daily Camera presented a picture of Vraja and Gita on the front page of section B, and explained how cows are not slaughtered in the Hindu culture.

Angeles, California August 2

Before the festival, Vraja and Gita stayed for two days in one of the back yards on Watseka Avenue. There they held audience with their fans who were totally amazed to see how much they had grown in one year. Their most attentive fans were children. Ananda, Hanuman, and Remuna were some who kept nearly a constant vigil.

The day before the festival William spoke at the Conference for Rural Community Development, sponsored by the Vaishnava Community Development in nearby Tobanga Canyon. His talk centered on the establishment of sustainable family farms. This talk was part of a 7 day seminar given by William in May and held at the Gita Nagari farm in Pennsylvania. Tapes or copies of this lecture are available by writing to the ISCOWP address in North Carolina.

Ox cart rides for the children

At the booth we met people from all walks of life. After I finished setting up an old friend of ours came to the booth to buy two shirts. He mentioned in passing that he was a Vietnam veteran. Another man at the booth picked up on that and began to state how the Vietnam war was a boy scout camp in comparison to World War II of which he was a veteran. I thought this was a bit insensitive since our friend was standing there without one arm because of his "boy scout" experience in Vietnam. I interjected that all wars create great suffering. My friend asked me to explain the reason for war. I thought this was the most perfect platform to explain how if man can coldly kill, butcher, and eat his fellow animal brothers it is not so difficult to do the same to his fellow man. As Waldo Emerson once wrote ," "Thus cruelty begets its offspring war."

I began to realize that by spreading the knowledge of compassionate cow protection we are helping to set the climate for a more peaceful world. If man begins to find it repugnant to kill and eat the cow he will come to realize that no war is heroic when men die. On the contrary, the saving of life is true heroism.

Margaret Casey, a policewoman who has taken up the profession in her requested area of Watts simply from her desire to help her fellow man, could appreciate the compassionate aspect of cow protection. I could imagine the stress and pressure of her service. After buying several coloring books and T-shirts she explained how she would like to to take a break and visit us.

The animal protection force is an interesting phenomena of Venice Beach where the festival is held. This is the third year we have brought the oxen to meet the people in the park and lead the Rathayatra parade. After the first year some of the men on the force liked the oxen so much they requested to lead the oxen in the parade the next year. This year we met the same men who protectively led the oxen in the parade and came into their ring later on to take pictures for their own personal scrapbooks. This year the oxen were the only animals allowed in the park for the festival.

San Francisco August 9

The weather was exceptionally beautiful for San Francisco. The last two years there had been a heavy fog throughout the day forcing us to wear woolen hats and winter jackets. This time there were sunny skies and a cool breeze. Golden Gate Park appeared exceptionally beautiful.

In this parade Vraja and Gita, wearing sweet smelling gardenia garlands donated by the San Francisco temple, pulled a wagon which proved to be an easy chore for them. In fact even when the wagon was full of children, William had to keep giving them the command Whoa to slow them down. It was an exciting event for the children to ride in the ox cart. I had made a sign for the side of the cart which read "The International Society for Cow Protection." As we walked by I heard many people reading the sign.

At the booth we talked to Dan Duer who has been a strong supporter of ISCOWP in the last 2 years. He is one of our members who receives a monthly packet of pictures. He said he really liked receiving them. It's like being part of the fam ily.

We were happy to sign up some new members here in San Francisco. One of them, Govinda Charana, was returning to Mysore, India in September where he runs a sanctuary for sick, neglected cows. The process there is if someone sees a cow who is neglected or is about to be sold for meat the wealthier members of the community are informed, and they then buy the cows and bring them to the sanctuary. I told Charana to keep in touch with us and send us some pictures. I'm sure our network members would like to read about his activities in our newsletter and the ISKCON World Review.

Mieczysbow Malsewski, who has been away from his country in Poland for a few years, seriously studied our literature and gave a donation that got his name on the bus and an ISCOWP membership. One of our members had advised him to become a member. He remembers farmers in Poland working with oxen.

Rory Alden, a member we met two years ago at the San Francisco Rathayatra brought a friend by who became a member also.

The beautiful weather remained throuhgout the day, and at the end of the festival we left Golden Gate Park headed for Cloverdale, the home of Hans and Lynn Kary (Hansadutta das and Laksmi devi dasi)

Cloverdale, CA. Seminar with Network Members
Members of the Unlimited Devotion Community met with us here for a one day seminar on the basics of training an ox. Mishra, one of the leading members of the community, had written us a few months ago explaining how they wanted to train their bull calf Subal. On 160 acres in Mendocino county they protect Subal, his mother Govardhani and her sister Maharani. Govardhani has been giving 4 gallons of milk a day.

The original plan was to stay a few days at their community and help them with their cow protection program. We were warned about the roads and were taken up there by car to check them out. It turned out that we could never have gotten up their driveway with our bus and trailer.

We did get to meet Subal, and William spent some time with him showing some of the members tricks to controlling him. To give them more information it was decided they come to Cloverdale where William could show them more with Vraja and Gita.

Hansadutta took a video of the seminar which we were very pleased with. We could see the benefits of seriously videoing training lessons and seminars as a means of distributing the practical knowledge of cow protection.

Hansadutta and Laksmi are protecting 2 cows, one is pregnant. Laksmi was gathering as much information as she could from William in case her cow gives birth to a bull calf.

Conclusion
Vraja and Gita are the the magnets that attract people to the cow protection booth. They are not even 2 years old but their maturity in dealing with the pressures of traveling and dealing with the crowd showed that they must have some inner realization they were saved from the slaughterhouse to help save others like them from that horrible place. In the beginning of our travels they were a bit nervous, but as time and austerities of traveling increased they became more and more tolerant, cooperative, and sociable. We often asked ourselves, "Who are these souls? What special birth this must be. After all, how many cows are traveling across the country preaching the glories of cow protection?"

Because of Vraja's and Gita's presence people would come to the booth asking many questions A common question I would get was,, "Do you think you are changing the consciousness of the general public?" I would reply, "We've been doing this for the last 5 summers. In the beginning people would be offended at the mention of vegetarianism. Now people come up and are proud to say they are vegetarian."

I'm not claiming we are the ones making the difference, but I do feel our presence has helped to bring about an obvious change in the consciousness of many Americans. This realization is the motivation in continuing to travel.

This year it was a joy to speak to so many people who were on the path to becoming vegetarian and living a lifestyle with a higher consciousness. Many of them became members. It was also encouraging to get so many of them seriously request an ox training seminar to be held on our farm in North Carolina.

We want to thank all those who hosted us and helped us in various ways. It is due to the help of all of you that our efforts are possible and successful.

continued from page 3
use more than anything here. It is a small carpenter's adze, not a big heavy hewing adze. It is meant to be used with a hammer. If it is too heavy and too large, you won't be able to handle and control it easily enough.

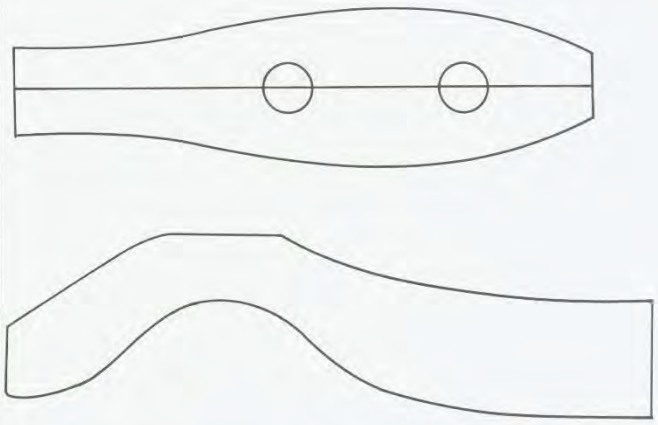

Diagram 3 Templates for the top and front views of the yoke. Make them life size out of paper.

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, in the spring issue a high protein, tasty soup which we include with our main meal every day, and in this issue two recipes for rice, a simple one with a rice cooker and a fancier one with poppy seeds.

We are big rice eaters. No meal is served without rice in our household. It is also the staple food for three- quarters of the world's population. Rice can be prepared very simply or banquet-style with vegetables, fruits and nuts, yogurt, herbs, or spices. To make cooking rice as easy as possible we have a rice cooker. With such a cooker all you have to do is put the rice and water in the container and plug in. A little light goes on when it is cooking and turns off when the rice is done. These rice cookers can be bought at any Oriental store for about $25.

Sauteed Rice with Poppy Seeds

Sauteeing the rice in butter, ghee*, or oil before adding the water allows all the rice grains to remain separate.

PREPARATION TIME: 5 minutes
COOKING TIME: 25-35 minutes
YIELD: enough for 3 to 4 persons

2 cups basmati or other long-grain rice
4 cups water
1 1/2 teaspoon salt
2 teaspoon fresh lemon juice
12 teaspoons ghee or oil
3 teaspoons poppy seeds

1.Wash and drain the rice
2.Boil the water, salt, and lemon juice in a 2 quart saucepan over moderate heat.
Keep it covered to avoid evaporation.
3.Heat the ghee or oil over moderately low heat in a 2 quart saucepan. Saute the poppy seeds in the hot ghee until they become aromatic.
4.Add the boiling lemon juice and salt water, increase the heat to high, and allow the water to fully boil for a few seconds; then reduce the heat and allow the rice to gently simmer. Place a tight fitting lid on the pan and cook without stirring or removing the lid for about 15-20 minutes or until the rice is tender, dry, and fluffy. Turn off the heat, allow the rice to steam another 5 minutes, and serve.

** ghee is clarified butter-butter that has been heated until the milk solids are separated from the clear butterfat. This clear golden liquid is ghee.*

Simple Rice

PREPARATION TIME: 2-3 minutes
COOKING TIME: 25 to 30 minutes
YIELD: 3 to 4 persons

3 cups basmati* rice or other long-grain white rice
4 1/2 cups water

1. Wash and drain the rice
2. Place both in the rice cooker and plug in
3. For variety you may add 1 cup peas.
4.You may also add 1/4 inch diced zucchini in the last 5 minutes of cooking.
3. When done butter can be turned into the rice.
** basmati rice can be bought at health food, Indian ,and Oriental stores. We buy it in bulk since it is cheaper.*

Wish List - Necessary Items We Don't Have

Δ items we don't have , Φ items we need replaced, Ω items that would enhance our program

answering machine Δ	$100
fax machine Δ	$400
scanner Δ	$1000
camera Φ	$100
video camera Ω	$1000
tires for bus Φ	$200 each

We've known for awhile that we should get some of the equipment that other organizations have to run efficiently. Being earthworms at heart we have shied away from these things and put our energies into doing the practical aspects of cow protection. But we can see in order to communicate the practical knowledge we must learn to work with modern technology. For instance, with a video machine we could make ox training classes available through the mail. With a fax machine our networking program will be greatly facilitated. So, please consider helping ISCOWP expand.

Monthly pledges for one year of $15 or more for the purchase of one or all of these items will receive pictures of ISCOWP's activities every month, and pledges of $30 or more will receive pictures as well as a dozen oatmeal chip cookies bi-monthly. One time donors of $15 will receive one packet of pictures; $30+ one time donors will receive cookies once. All $100+ donations will receive their names on the traveling Cow Protection Outreach bus. $1000 donors will also receive their names in large type on the side of the bus. Please see the enclosed form if you want to help.

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

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