The harsh reality of our country's recession has greatly altered the lives of many Americans. The election results show us that many are looking for a better economic situation by electing someone they think will deliver them from joblessness and economic depression.

We all want our economic situation to be prosperous and stable - not dependent on politicians, impersonal employers, the varying prices and supply of petrol, and many other variables.

We want to be self-sufficient, which basically means to be able to supply our own necessities.

Mahatma Gandhi explained his economic theory by stating one could get their necessities from others: however, this is possible only under two different combinations: (a) one can become dependent upon others; or (b) one can exploit others. Both are unacceptable since they involve violence, alienation, and dehumanization.

How does one supply his own necessities? Through a harmonious relationship between man, cow, and the land, one can provide all the necessities of life. Real, dependable, independent wealth, and a peaceful life can be had from the land and cows.

Food grains are a necessity of life. This fall we planted wheat and rye with the help of our oxen. The top picture shows the use of a three row grain drill for planting and the bottom picture shows a month's growth of wheat. Because of your support we are beginning to show how one can achieve the self-sufficient life that all of us desire.
LETTERS

Dear ISCWOP,

I have read your pamphlet entitled "Alternative Agricultural Practices Based on Cow Protection," and agree with each point but have a question about lacto-vegetarianism. I do not understand how dairy products can be cruelty-free or natural unless you are a calf. Please read the information enclosed and send more information to me. I believe that animal life is sacred and would like very much to visit the ISCWOP farm. Please respond.

Anastasia Hicks
Long Beach, CA.

Dear Anastasia,

I have read the literature you sent us. This literature is referring to commercial dairying or cow exploitation for economic gain. When we talk about lacto-vegetarianism we are talking about acquiring milk products from a small family farm where the cow is receiving lifetime protection and the question of slaughtering her for beef, selling her bull calf for veal or rennet, or impregnating her every year to sell milk does not arise.

In such an environment the cow and the bull are considered important members of the family because without them the family's sustenance would be decreased greatly. This is the Vedic way of life in much of India.

There each family has one or two cows and would never think of killing their bull calves because they will till the family's fields to produce the grains they need to exist. The family sees the bulls as God's tractors.

The milk from the cows is essential to their diet and they take what they need and may sell the surplus.

Your literature discusses the cruel practice of taking the calf away from its mother after 3 days. It is actually a fact that a calf does not know when to stop drinking mother's milk. That is why calves are known to get scours which is diarrhea. Death can be a result due to dehydration. It is therefore the duty of humankind to monitor the amount of milk consumed by the calf.

With this concept the calf is not completely separated from the mother. The calf is there at milking time and takes his share after the cow is milked. This of course does not lend itself well to mass production and therefore is not considered in American dairy operations.

It is also stated in the literature you sent us that it is cruel to obtain milk from a cow because she has to be impregnated every year to produce it. It is a fact that a contented cow can milk longer than one year. A really contented cow is one who knows she will not be slaughtered. She has no fear. Two years of milking as a result of one pregnancy is not uncommon. Longer periods are also possible.

So, the problem lies not with dairy products per se but with the method in which they are acquired. We at ISCWOP are making it one of our organization's goals to encourage individuals to take up the Vedic concept of cow husbandry and protection. In America this is totally against the status quo and it is a battle to educate people to the possibilities of such a lifestyle and method of agriculture.

When we talk of lacto-vegetarianism we talk of getting milk from cows on a small family farm based on cow protection. As you are well aware such an environment is rare, especially in this country. And to have cruelty-free dairy products available to many people there has to be many such small farms throughout the country practicing farming based on cow protection.

So it is understandable why someone would become vegan - one who abstains from milk products as well as meat. We all know of the cruelties inflicted on the innocent bovine species as a result of profit gained from selling milk. By not buying milk one is not supporting such cruel activities. This will help decrease the commercial dairy industry but it is not the solution to destroying it. If we can offer a positive alternative the dairy industry will no longer be an industry.

Milk as a food will continue to be used widely since in its pure state it is extremely nutritious and in most countries consumed on a wide scale. But in most countries it is provided by the small family farm. It is not provided by a large commercial dairy.

In ancient India the brahmans, saintly people, would often exist only on milk. It was believed that milk was not only nutritious but also essential for developing the brain cells necessary for spiritual understanding.

Therefore we do not believe that its consumption can be wiped out from the human race. To offer cruelty-free milk, as we have described, is offering the positive alternative that can prove a

Cruelty-Free Dairy Products

Dear Balabhadr & Chaya,

Thank you for your warm hospitality and the time you spent talking with us about ox farming. Many people can appreciate the cow, but there is no question of cows only. There will also be so many bulls. At the present time the poor bulls have become unwanted because of the tractor, trucks, and various types of machines which have taken away their employment. Therefore, people in general consider them a useless burden.

The concept of cow protection will only become practical, complete, and accepted when people like yourselves practically demonstrate the joy of harnessing the energy of the bull and once again engaging him in his material occupation.

Furthermore, I think that this idea of self-sufficient life based in the land, the cow, and bull is absolutely essential to the welfare of the world.

Paundarika das
Alachua, Fl.
threat to the existence of the dairy industry.

Enclosed you will find some of our literature. We would be happy to have you visit us.

Sincerely
Irene Dove

Junior Membership
Bill,

It was very nice to see you at Rathayatra in L.A. I was very interesting to hear about how you travel about with 2,000 pounds of oxen.

I can't tell you how happy your program makes me and how much I enjoy the newsletters etc. I keep all of them. Saraswati and I drew a cow together and took about an hour getting the cow out of the maze.

My goal is to contribute more generously in the future. In the meantime could I please order a year's membership for myself.

Pusti devi dasi
Newhall, CA.

Dear Balabhadracharya, Chaya, Family, and Vraja & Gita,

Thank you for the enlivening articles about the oxen and your program.

When I can get a picture taken I am going to send you a picture of Lord Jagannatha (a deity form of Lord Krsna worshipped in India and the ISKCON temple in Baltimore) wearing the yellow button "I Love Cows." It was funny. I received the button in the mail and the gurukula boys (boys who attend a school where Lord Krsna is worshipped under the guidance of the spiritual master) wanted it. So a friend of mine said, "Lord Jagannatha should wear it. It says in the scriptures that Krsna loves the cows." So that settled the matter and we offered the button to the Lord.

Almost every day the boys ask me to put the button on. Sometimes we put the button on Lord Balarama (Lord Jagannatha's brother) too.

Yadunandana d.d.
Baltimore, MD.

Bull vs.Ox
Dear Balabhadracharya & Chaya,

I think the idea to answer your readers' questions in the letters section would be very helpful to us all. One of the first topics I'd like to hear your response to is castration of the bull calves; pros and cons, methods, ages, etc. A related subject, might be what temperaments make the calmest, most responsive oxen, and how to recognize them. Any thoughts on working the mature and "unaltered" bull.

Hoping this meets you both well.
Parampadam das
Mason, WI.

Dear Parampadam,

Most bulls are uncontrollable and often even dangerous due to sex desire. My personal experience with the common breeds in America is that the bulls are out of control and due to their huge weight and strength can therefore be dangerous, not to mention untrainable.

This is the reason bulls are "altered". An ox, which is an "altered" bull, is very different in temperament. However, if he is not trained properly and has had negative experiences with teamsters he too can be uncontrollable and dangerous.

One has to keep in mind that he is dealing with a huge animal, weighing a thousand pounds and more. If such a body gets out of control there is danger. Often with the ox, he means no harm. He often does not know the reality of his strength and weight. As with Vraja and Gita, they want to play but they forget they weigh now a 1,400 pounds each.

There are always exceptions to the rule. And there is definitely a different nature to each breed which affects the nature of the bull. For instance, I prefer to work with Brown Swiss because they are known to be gentle whereas Jerseys, Guernseys, and Holsteins are known to be often nervous and mean. And it is interesting to note that there is a breed of cow in France called "Ferrandaise" whose bulls are strong and known to be very gentle and calm. The farmers in France who have these cows claim the bull is not anymore difficult to work with than the ox and is much stronger. Unfortunately you won't find this to be the opinion of the teamsters in America who work with the American breeds.

There are three methods I know of to "alter" a bull. One is cutting the testicles at about 4 months. This is the usual method because it is quick. Another is emasculation which is the method of tying the testicles with a rubber band when the bull calf is a couple of weeks old. The testicles fall off after about a week or so. The third method is to pinch the semen line at about 4 months with an instrument called a burdeezzo. The animals are sore for 2 days and then they are fine. There is no cutting involved and the testicles are not removed. This method can be compared to a vasectomy for a man without surgery. With all the methods there are different schools of thought to the ages at which they should be applied.

Whether you are working with a known breed of gentle bulls or oxen, the most important ingredient that is necessary for control is proper training from an early age. If good training was all that was needed to control bulls from more nervous breeds, I think the "alteration" process would not be practiced by many teamsters and considered unnecessary. But history has shown us that the gentle bull is the exception.

We have received your additional letter and will answer your questions about pros and cons on dehorning, and nose rings in the next issue.

Balabhadracharya
(William Dove)

Beyond Beef Campaign
Dear William and Irene Dove,

I would like to welcome you as a coalition member of the Beyond Beef Campaign, and thank you for sending us the information on the ISCOWP organization. Working in a collaborative effort will foster the lines of communication needed to universally achieve our goals.

We look forward to working with you, and again thank you for your membership.

Howard Lyman
Executive Director

Dear Reader,

This campaign is international with such coalition members as EarthSave.
On the Road to Self-sufficiency - An Update Report

This winter we will be building a mill to process the grains we planted in the fall. Actually, planting is the first and easiest step in providing food grains. The second step is to harvest the grain (May). Next the grain must be threshed which is basically breaking the husks away from the grain. Then the grains are winnowed which means to separate the grain from lighter particles of chaff and dirt, etc., especially by throwing it into the air and allowing the wind or a current of air to blow away the impurities. And finally the grain is milled.

The picture below shows the concept of the mill stones and how they function. Shown with the stones is an example of a hand mill (Quern) and above is an example of a horse powered mill.

Of course the horse mill is readily adapted to oxen. We are planning on threshing the grain by having the oxen walk on it. This is a known way of breaking the husks from the grain. For the winnowing we have an old hand winnower which works on the same principle of basket winnowing where the wind separates the chaff. The machine needs a bit of work to operate properly. If need be we can always resort to the basket method.

This fall we put 1 1/2 acres into grain. Most of it was rye for the oxen. The wheat is the grain we wish to mill. Next fall, after we have had some experience in harvesting, threshing, winnowing, and milling, we will put more acreage into food grains.

Recently William met Chue Yang, a Hmong from Vietnam. He and his family live in Hickory, North Carolina where they grow rice. We were very excited to hear of this because it has been a long term desire of ours to grow rice since it is such an important ingredient of our vegetarian diet. The variety grown by Chue Yang is a dry land variety of rice.

The Yang family have come from a self-sustainable situation, living in the jungles of Laos using water buffalo and oxen. They have given us 2 pounds of seeds for a small plot of rice which we will plant in March and harvest in late September, early October. If Chue Yang knew we wanted seeds earlier he could have given us more. As it was, he had already husked his crop except what he needed for his next planting. He was very kind to give us seeds from the ones he was saving for his next crop. The Yang family said when it is time for us to harvest, they will come and show us how to do it.

Besides rice, the spring planting will include vegetables and herbs. A small lean-to type of greenhouse attached to the southern side of the work shed (built this fall) will facilitate early spring seedling propagation for spring planting.

At the time of spring planting the water system should be up and running. During January and February the hands on activity in building the water system will begin - starting with the pump system, holding tank for the water, and the platform for the tank.

We're excited about the progress that is beginning to manifest, and we pray for your encouragement and blessings that no great obstacles deter us.
Here I am feeding the "Boys" a treat.

**LAKSHMI'S KITCHEN**

The transition from young calves to trained oxen was helped along by such scrumptious snacks as oatmeal-chip cookies (their favorite), peanut butter cookies, and carob brownies. At first we tried carrots and apples which are a traditional cow treat. Vrja and Gita did not like them one bit. Then at one of their first events someone fed them a peanut butter cookie and they loved it! From then on Lakshmi experimented with a lot of different recipes and finally came up with the now well-known oatmeal-chip cookie which is a favorite of Vrja and Gita and our members.

In this issue we are including the peanut butter cookie recipe, the oatmeal-chip cookie recipe, and the brownie recipe. The final touch to a good vegetarian meal is a tasty dessert and these three recipes will provide you with just that!

<table>
<thead>
<tr>
<th>PEANUT BUTTER COOKIES</th>
<th>BROWNIES</th>
<th>OATMEAL-CHIP COOKIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cream together:</td>
<td>Mix 1/3 cup flour with 1 cup water. Cook until thick and cool completely.</td>
<td>Cream butter and oil together, then cream in the sugars. Add milk and vanilla. Beat until smooth. Beat in flour, baking powder, soda and salt. Mix, add oats and raisins and blend well. Bake at 350 degrees for about 15 minutes or until the undersides start turning brown. Makes about 3 dozen.</td>
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<tr>
<td>1 cup peanut butter</td>
<td>Melt 1/2 cup margarine or butter. Add 2/3 cup sifted carob powder and stir until smooth. Cool.</td>
<td>1/2 cup butter</td>
</tr>
<tr>
<td>1/2 cup margarine or butter</td>
<td>Beat two cups sugar, 1/2 tsp salt, and 1 tsp. vanilla into the cooled flour mixture, then add cocoa mixture.</td>
<td>1/3 cup oil</td>
</tr>
<tr>
<td>1 cup honey</td>
<td>Mix together 2 cups flour and 21/2 tsp. baking powder and add to the above ingredients. You can add 1/2 cup chopped walnuts or pecans. Bake in an oiled 9&quot; by 13&quot; pan at 350 degrees for 20 to 25 minutes.</td>
<td>1 cup brown sugar, packed</td>
</tr>
<tr>
<td>1/2 tsp. vanilla</td>
<td>Fudge Brownies: Decrease the flour to 1 1/2 cups and the baking powder to 1 1/2 tsp.</td>
<td>1 cup milk</td>
</tr>
<tr>
<td>Roll into little balls. Place on a oiled cookie sheet and flatten with a fork which has been dipped in oil or water. Bake at 375 degrees for 15 minutes.</td>
<td></td>
<td>1 tsp. vanilla</td>
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<tr>
<td></td>
<td></td>
<td>2 1/2 cups flour</td>
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<td></td>
<td></td>
<td>1 tsp. baking powder</td>
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<td></td>
<td></td>
<td>1 tsp. baking soda</td>
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<td></td>
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<td>1 tsp. salt</td>
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<td></td>
<td></td>
<td>3 cups oatmeal</td>
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<td></td>
<td></td>
<td>1 cup carob chips</td>
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</tbody>
</table>
Next we will work from the pattern on the front and the back of the yoke as shown in picture 3. Saw the slits almost to the line and again chop out the sections very carefully. Make sure you don't make any holes in the yoke. This big dip you see on each side of the yoke is where the neck of the ox goes. It is the most important part of the whole yoke because it constantly rubs the neck of the ox and can make a sore if it isn't smooth.

If you take a big chip out or gouge this section by accident by hitting too deeply with the adze, it will ruin the yoke and make it necessary to carve it down deeper, thus losing the strength in what is already the thinnest part of the yoke. Again the smoothing is done here with the adze and the hammer followed by draw knife and then a rasp. You should have a large, coarse rasp to work with along with your draw knife.

After you have roughed out the log, it is time to put the irons on. Any excess wood can get carved off and the edges can be sanded. Make sure the edges get all rounded out. It should be very smooth, especially around the neck, so that the animal never gets irritated by irregularities in the wood. A sore neck will cause an ox to be out of commission when you need him the most.

The only difference between the front and back of the yoke is in the back, where the yoke contacts the ox's neck. The back edge gets dished out more than the front to insure the ox's neck doesn't get irritated.

The most stress on the yoke is on the center part; therefore you can see how it is thicker. You can see how the grain runs all the way through the yoke. If the yoke breaks, it is either right in the center or at the ends. If the ends are not very strong, they may break off when bumped into a post or a tree. But, as a principle, wherever there isn't normally a lot of stress on the yoke, you should try to shave off as much wood as possible, so that it is not heavier than need be. To rough out a yoke like this will take two days of steady hard labor. If you have a large band saw, you could do all of this roughing out in one hour, except for drilling the bow holes.

In picture 4 you will see the finished yoke. Although it isn't clear in the picture, I have placed carriage bolts vertically through the yoke at each end to reinforce them. Refer to the master drawing for details in the fall 91 issue.
Special Thanks

Dear Members,

In response to the last newsletter Bud Konowitz and Suzanne Hopkins donated a Ricoh camera and zoom lens, Nina Scozzari donated an answering machine, and Doug Carlton, Eddy Geesbeck (Ekanath das), Edward Saczaw (Edhaniyasvabhava das) took up a monthly pledge. Bruce Kirwan (Bali Maharaja das) was a tremendous help with technical knowledge and resources when our hard drive crashed and Connie Humphrey (Pusti dasi) arranged free technical advice from Mac Weasel Inc. in case of future problems. As you know many of you made a donation, bought T-shirts or became a member for the first time. Special thanks to all of you. (We will print all donors names in our annual report issue for 92)

The monthly pledge is a great boon for us. It provides us with a known income and allows William more time to establish an example of a small family farm based on ox power. (William works odd jobs according to the unpaid bills of ours and ISCOWP's).

We offer special thanks to all our pledgers: $100 per month - Dennis and Caroline Constantine, $50 per month - Dan Duer, $30 per month - Eddy Geesbeck (Ekanath das), K.H. Hridayananda das Goswami, Chris McNay (Purusottama das), Chris and Eva Neo, Ruth Vutetakis (Rupa Manjari dasi), Betty Woodhouse (Sarathwati dasi), $20 per month - Blanche Marsden (Balai dasi), $15 per month - Doug Carlton, Edward Saczaw (Edhaniyasvabhava das), $10 per month - Kenn Perry (Parampadam das), Ann Kellog & Marilyn Stein (Amrita dasi & Rasamanjari dasi).

Please join our monthly pledgers. We send pictures monthly of our activities to any monthly donor of $15 or more. $30 or more monthly donors receive pictures plus oatmeal-chip cookies (Vraja's and Gita's favorite snacks) every month.

The monthly pledges bring in $385 per month with a total of $4,800 a year. Just think, if just 5 people take up a $30 monthly pledge this month we will increase the yearly pledge income to $6,600. Make a special holiday gift to support Vraja and Gita's activities-take up the monthly pledge and receive pictures and/or Vraja and Gita's favorite cookies. If you'd like to help please refer to the enclosed form.

Sincerely,

[Signature]

William & Irene Dove

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Now, You Can Give a Special Holiday Gift

WISH LIST

- answering machine - already donated
- modem (for communication and FAX) $100
- scanner $1000
- camera - already donated
- video camera $1000
- tires for bus each $200

A Macintosh SE computer and a PLP II printer by GCC Technologies are used here at ISCOWP. Recent guests advised that we could receive and send a fax with a modem which is less expensive than the fax machine prices we have seen. The modem (complete with communication software) would allow the use of the ISKCON bulletin board enhancing our network-

All these items will either save us expenditures and/or enhance our program. For instance, with the video machine we could make educational videos on training the oxen; the scanner will save us $8 a picture screen for our newsletter; and the new tires will save us breakdown expense - this summer we had 3 blow outs in the desert adding to several hundred dollars in repairs and wasted time.

You can either donate the item, make a monthly pledge to help us acquire these items, or make a one time donation. Monthly pledges of $15 or more will receive pictures of Vraja and Gita's activities each month. Monthly pledges of $30 or more will receive pictures plus a dozen oatmeal-chip cookies (Vraja and Gita's favorite snacks) each month. A $15 or more one time donation will receive a free Friends for life coloring book and a one time donation of $30 or more will receive a dozen oatmeal-chip cookies.

Feel good this holiday season. Experience the joy of giving. Help Vraja and Gita spread the message of ox power and cow protection. Please refer to the enclosed form.
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 (Balabhadradas & 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 Krishna 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

The International Society for Cow Protection
Rd 1 NBU #28
Moundsville, W.V. 26041, U.S.A.
Tel # 304-843-1270

FORWARD AND ADDRESS CORRECTION

Saved From the Slaughterhouse