THE ISCOWP NEWS

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

Vraja & Gita are Two Years Old!

Vraja and Gita are two years old and ready to embark on a new phase in their lives and that of ISCOWP's. Our emphases has changed from the Cow Protection Outreach Program to the Ox powered Farm Project. Although we continue to travel, we feel the practical example of farming based on ox power is necessary to convince people that cow protection is valid and practical.

This year we have been working on acquiring, repairing, and building ox power equipment needed to efficiently develop land with oxen, planning and researching seed requirements and sources, planning the agricultural layout for our farm and the new 40-60 acre land project (see page 7), and directing the final stages of the gear development for the ox powered water systems for both projects. The bottom picture shows an example of our work with equipment; a single bottom sulky plow being tested for performance after replacing half of the plowshare.

Your participation in this new phase is essential to its success. This past year we have placed more emphases on serving you by providing more information and cow related items. The result has been your increased numbers and participation. This coming year we want our service to you to increase; after all the purpose of this organization is to raise the awareness of the benefits of cow protection by dissemination of information and the hands-on practical example.

With your help we can successfully present the practical example of cow protection and ox power and help others to understand its importance to humanity.

Annual Report for Fiscal Year March, 1992-February, 1993

LETTERS

Dear Readers,

We have expanded the letter section but we are still unable to print all the letters you send us. We will try to include as many letters as possible by staggering them throughout future issues. Thank you again for your participation.

In Appreciation

I have received your latest issue of ISCOWP and would like to make some heartfelt reflections on your activities. I am grateful that I saw you and got your association again last summer. I know in the case of devotee's, it is sometimes "difficult" to accept personal glorification and praise, out of the devotee's humility. I hope you will take exception to the rule in this case and print my observations of seeing you, firsthand! I was fortunate to have been involved, by Krsna's grace, in some of the special activities that were mentioned in the last issue's section of "ISCOWP TRAVELS", Summer 92 and I would like to share my appreciation.

It was almost a mystical experience for me, not even knowing beforehand, when I chanced on arriving "on location" of the filming of Vraja and Gita, "doing their thing" - exhibiting "Ox Power". It was fun and thrilling, for my two sons to be extras in Hansadutta's video. I'm sure our faces were filled with shock. For those of you who have never seen two oxen hooked up to a yoke carry a 2000 pound tree like it was nothing, let me tell you, it was impressive! It really made me think, what is the need for all this unnecessary modern machinery?

I have watched you lead the S. F. Rathayatra parade with your ox cart in San Francisco and other cities for the last three years. I am continually impressed by your sincerity and persistence. I know that due to your true dedication, to what is one of the most contemporary pressing problems of modern society i.e.. protecting cows from wholesale slaughter, Krsna's mercy can be seen, when philanthropists like Henry Schoellkopf (who I grew up with) become involved with their financial support to help ISCOWP. By your humble requests, I can see how much more help is needed. I will do what I can to try and help, God willing.

What better way is there to help out the planet, than address this issue of cow protection? It will involve all of our individual efforts to stop the killing of cows and bulls, our mother and father. I encourage all devotees to do what they can, in helping Balabhadra with cow protection and his many other programs. Thank you for letting me personally be involved and witness your wonderful programs this summer. Jaya! All glories to cow protection.

Visnave dasa
Santa Rosa, CA.

Sharing the Joy

Thank you so much for the pictures of Vraja and Gita. It made my day, such a contrast to what is considered important in our society. I laughed right out loud to see Vraja and Gita with Balabhadra viewing the Washington Monument. I brought the pictures you sent me to work. They certainly lift the spirits of living entities, even if they are still carnivorous.

All blessings to you both in your work. You give me joy.

Isabelle Haas
New Jersey

I'm off school for a month and thank Krsna that Christmas is almost over. The one really good thing is that people all over the world have some religious opportunity all around the same time. People do seem to try to be more pious for a few days.

I thought you should know that a girlfriend who received one of our gifts (A gift membership including a *Great Vegetarian Dishes* cookbook, membership button, card and ISCOWP newsletter) called and was weeping in joy. She had been really down and said to be remembered and to have such a nice "good karma" gift come to her made her feel she could keep going. We do need to encourage each other. A little bit can go a long way.

I am very enthusiastic about the children's literature. Like McDonald's with their advertisements geared towards children, to protect their future we too need to think smart by giving the absolute truth.

Pusti d.d.
Newhall, Ca.

Horns? Nose Rings?

In reply to Parampadam's letter in the last issue, we promised to discuss the pros and cons of dehorning and nose rings in this issue.

Since dehorning and the use of nose rings are painful to the cow and bull, we at ISCOWP try not to encourage the these practices. In general, we take this position; that cow protection should mean to take into strong consideration the comfort of the cow when possible and practical to all concerned.

A bull, who is usually uncontrollable due to his passionate sex desire, is usually controlled by a nose ring. It is rare to see a bull without a nose ring. The nose is the most tender part of the bull and he can be controlled by pulling him by this ring.

A cow rarely has a nose ring. By nature she is gentle and passive and there is no need to take such a measure

An ox who has been "altered" need not have a nose ring to be controlled if he has been trained nicely from the start. He can be controlled by voice commands and the loving and firm relationship with his teamster. Of course, the nose ring would be an extra security measure, but it seems to us if we want to present the concept of cow protection to the western mind we have to allow for the potency of the relationship between the teamster and the ox to shine through as the controlling force in showing the ox as a valuable, intelligent being in our society.

It is not unique for an ox not to have a nose ring. Vraja and Gita do not have nose rings. In crowds of people we will usually have their halters on. We have found this affords us a means of controlling them in emergency situations. We prefer it since it causes no pain to them.

Always one must take into consideration the uniqueness of each animal. Sometimes there may be a particularly ornery ox who will not listen and the nose ring is the only alternative. However we would like to emphasize the value of good and con-

scientious training of the ox from the start. This practice can prevent that "ornery" ox.

Often in our school systems we are coming to realize that the problem was not with the student but with the teacher and the methods of education. This is often a hard fact to face, especially on the part of the educators.

Dehorning is also another painful process. When dealing with a herd of cows (females) it becomes necessary since they are known to do harm to each other with their horns. If you have only one or two and you have a very nice relationship with them, you probably need not dehorn.

Bulls who have nose rings are already controlled by their nose. Dehorning is usually not necessary.

Vraja and Gita are now two years old and their horns are large but not fully grown yet. We will not dehorn them. This is also not unusual. You see, so much depends on the relationship of the teamster and the ox and the personality of the individual ox.

The idea is to show a loving and productive relationship between the ox and teamster and to create the environment in which this relationship can flourish. The least amount of pain and the maximum amount of comfort that can be given the ox within practical bounds should present cow protection in a positive manner to society at large.

Local Independence & Interdependence

E.G., Front page "ISCOWP News" (Introduction of Fall 92 issue). Aren't we more looking for acintya bheda-abheda, local (immediate) independence and interdependence? A Bengali farmer very much is "dependent" on his neighbors and extended family. Its a more local, human scale dependence. These kinds of academic discussions seem to have a real importance in setting the strategy to our tactical and technical activities in utilizing and teaching varnasrama dharma.

Tridandi Swami
Hanumatpresaka dasa
Berkeley, CA.

We're glad you brought this to our attention. We presented only part of the picture due to the brevity of space. In fact the quote from Gandhi presents only a portion of his philosophy and taken out of context might be misleading as apparently you found it.

It was Gandhi's philosophy to be independent within a village setting. Not that one family can be totally independent of all others. We thought we got the general idea across and felt we did not need to explain further. But it seems we should have given more space to the subject.

To refresh our readers, we discussed on the front page the desire of all of us to be self-sufficient, free of the varying prices and supply of petrol, self-interested politicians, and impersonal employers. It was presented that from the land and cows, man can provide his necessities which means self-sufficiency. A reference to Gandhi was presented that it was not beneficial to get ones necessities from others.

Gandhi was presenting his "swadeshi" philosophy, which was basically that Indians become independent of British rule by independence and interdependence on themselves and not on commodities from England. We were presenting that western man become independent of the present corrupt economic system that may crumble at any moment by becoming self sufficient. What we did not present fully is that the family farm is only a part of that self-sufficiency if one truly wants to become independent of the present system.

The ideal self-sufficient situation is a village setting. In such a setting everyone has a role to play which fulfills a need in the village. For instance, we may provide grains with our oxen, you may be able to provide us clothing that you made from the wool of another neighbors' sheep. In the Vedic structure these roles are based on the varnasrama system which is basically everyone performing roles according to his propensities.In this way life is enriched, simple, and there is time for God consciousness.

In our present western society we are forced to live life at a fast pace with little time for anything else but economic development. Yet it is hard for us to see how to change our situation. We at ISCOWP are attempting to present the validity, importance, and benefits of one of foundation pillars supporting such a village life based on the varnasrama system: cow protection.

Veggies-Real Food for Smart People

Vrajabadhu dasi, from San Diego sent us this letter which was written to the Beach & Buy Press, a newspaper distributed freely and thrown at her doorstep. She thought it was a great letter and so do we.

I suggest we have warning labels on meat similar to those on cigarettes."Warning: this product contains the residues from pesticides, hormones, growth stimulants, insecticides, tranquilizers, radioactive isotopes, herbicides, antibiotics, appetite stimulants and larvicides. Has been shown to cause colon and breast cancer, heart disease, high blood pressure, diabetes, arthritis, obesity, osteoporosis as well as other diseases. Product contains numerous bacteria associated with the putrefaction and decay of body tissue which is hazardous to human health and may cause death.

Beef is an inherently unhealthy item. It kills quickly as in the recent E. coli tragedy, or it kills slowly as in the case of heart disease, cancer, strokes,etc. The inspection system used by the USDA cannot change these facts. Since the USDA not only is responsible for inspecting beef but also marketing it, it has a real bad case of conflict of interest. In addition, whistle-blowers who slow up the beef inspection line pointing out carcasses with pneumonia, measles, peritonitis, abscesses, fecal and insect contamination, are fired from their jobs. And, guess what? The contamination is then passed on to the cook who is supposed to create a wholesome meal from a decaying piece of flesh rendering it devoid of all poisons, toxins, etc. That's a big order.

I opt for a large, informative warning label and informed customers. Fast food restaurants my have culpability in this recent tragedy, but the National Cattlemen's Association and the USDA are far more guilty in my opinion.

Sandra Boss,RN
Encinitas, CA.

Thank You For Contributing During the Fiscal Year 1992 (3/92-2/93)

$1000 or more.
Dennis and Caroline Constantine
Mary Goerke
ISKCON of L.A.
ISKCON of San Francisco
Chris McNay (Purusottama d.& Revati d.d.)
Mr. & Mrs. William Roberts (Mayesvara d. & Urvasi d.d.)
Nina Scozzari

$500-$999
ISKCON of Denver
Dan Duer
Russell Noles (Radhapati d.)
Marie Pritikel (Vrajavadhu d.d.)
Henry Schoellkopf

$201-$499
Eddy Geesbeck (Ekanath d.)
ISKCON Hawaii Gift Shop
ISKCON N.Y. Gift Shop
Bruce Kirwan (Bali Maharaja d. & Linda)
Bud Konowitz & Suzanne Hopkins
Peter Lakusta
Chris & Eva Neo
Michael Rothstein (Madhuha d.)
Ruth Vutetakis (Manjari d.d.)
Betty Woodhouse (Sarsawati d.d.)

$100-$200
Adhikarta d.
Amala Bhakta das
Pani Bhusan d. & Ramacandra d. & Janani Mayi d.d.
Doug Carlton
Howard Fawley (Dulal Chandra d.)
Scott From (Shastra d.)
Richard Hall (Suresvara d.)
Isabelle Haas
James E. Higgins (Niscinta d.)
Connie Humphrey (Pusti d.d.)
H.H. Hridayananda d. Goswami
ISKCON of Port Royal
Hans & Lynn Kary (Hansadutta d. & Laksmi d.d.)
Mieczyslew Malsewski
Bill Muster Foundation
John & Emily Partin (Jnanagamya d. & Mahamaya d.d.)
Baladeva Dove
Gadagraja d.
Veda Ghuya d. & Janaki d.d.
Gilbert Ramos (Giiraj d.)
Michael Tandy (Mukunda Datta d.)
Bill Turner

$50-$99
Rory Aldon
Chakrapani Basavaraju
Jeff Carr (Jayadeva d.)
Chris Cox (Karnamrta d.)
John & Sarah Curtosi (Jiva Mukta d. & Sita d.d.)
Uddhava & Arci Edwards
Don Grant (Dharma Vidya d. & Nama Priya d.d.)
Douglas Gregg (Nrsingha Chaitanya d)
Haripada d. & Jayanti d.d.
Chuck Hart
James Hughes
Hyberland (Krsna Mayi d.)
James Hylton
Gayle Janzen
Anne Kellog & Marilyn Stein (Amrita d.d. & Rasamanjari d.d.)
Madri d.d.
Elaine Magyer (Titiksa d.d.)
Blanche Marsden (Balai d.d.)
Randy Meir (Ramiya d.)
James Newson (Jugadisvara d.)
Peggy Peattie
Kenn Perry (Parampadam d.)
Gayle Janzen
Bruce & Lorrie Sherman (Bhadrunga d. & Hladini Shakti d.d.)
Alister Taylor (Advaita Chandra d.)
Robert Threfall
Thakor Topiwala
Winston E. Wilbert
Mark Watanabe
Gail Yaffo
Steve Zumbo

$30-$49
Fredrick Asen
Tom Baglajewski
Marie Christopher (Bhakti d.d.)
Deva Lee Billingsley
Lois Birenbaum
Maureen Byrnes
Peter Burwash
Hansa Chhagan
Kirk Cornwell
Jashan Chahhatlani
Elaine Clarridge
David Cooper
Mary Crane
Lilian Diaz
Jo Duden
Bill Duke
Dristadyumna das
Bhupendra Gupta
Deva Joy Gouss
Jaya Govinda d. & Rati d.d.
ISKCON of New Orleans
Mohan Jain
Naveen Khurana (Navina Krsna d. & Rasagmya d.d.)
Rawtee Lutchman
Radha K. Mahajan (Kaivalya d.)
Ventakesha Muniyappa
Ted & Shika Murray
Hayden Larson (Adideva d. & Siladitya d.d.)
Dennis Nagel
Charran Mahadeo
Nakamura Takashi
Mollard Pascal
Malcolm Permaul
Maganbhai Patel
Murray Polner
Edward Saczaua (Edhaniyasvabhava d. & Nandita d.d.)
Susan Spackman
Vaiyasaki d.
Mark Wantanabe
Shane Warman
Albert Winkelman
Wendy Winkler
Linda Salas (Acyuta d.d.)
Rajindra Sharma
Tattavit d.
Richard Suozzi
Gail Toby

$10-$29
Ward Ashman
Martha Alm
Heather Anderson (Kaumudaki d.d.)
Atma Atma d.
Lisa Ball & Mike Biskup
Andrew Bach
Alice & Mary Bargeson
Vivek Beri
Dori Berman & David Zukerman
Carol Blummert (Madhusudan d. & Kanchanbala d.d.)

If you do not see your name, please get in touch with us

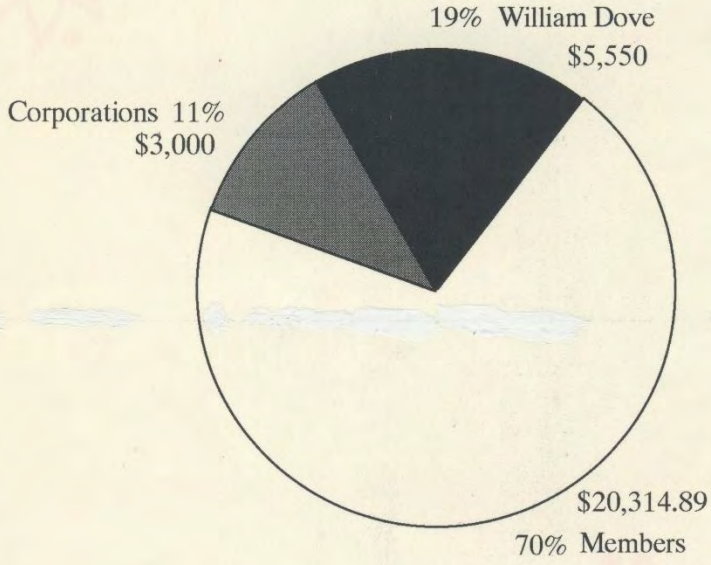
D. & R. Bothwick (Dwarkadish d. & Rohini d.d.)
Vijaya Boggaran
George Boyd
Lynda Bradley (Kunti d.d.)
Brahma-sampradya d.d.
Dwight Brannon
Todd Broadman
Anthony & Joann Busek
Sally Cahill
Bob Chorus
J. Cooper
Nandine Cooper
Joe & Lori Cudnik
Winthrop Dahl
Dharmaraja d.
Paul & Kathleen Darling (Apurva d. & Kamalini d.d.)
Gina DeLuca
Therese M. Devine
Bill Duke
David & Nirmala Elridge
Amelia FitzGibbons
Shelly Foley
Mark Fritzel
Gati d.d.
Paula Gentsch
Julie Gibbs (Jaya Lalita d.d.)
Govinda Charan d.
M. Grogan
Ravi Gupta
Jan & Caroline Glaser
Steven Glass (Adi Purusa d.)
R. Hamilton & J. Meriden
Paula Hamer (Paramprabha d.d.)
Kathryn Hedges
Ron & Lynn Hansen (Sudevi d.d.)
John & Debra Havlik
Maha & Kim Hill
Rick House
Ann Jackson
Jagadvira d.
Nancy A. Johnson (Radhika d.d.)
Jitarati d.
H.H. Kavicandra Swami
Kelilalita d.d.
Charles Kelleher
Mathew Kelliher
Donna Kausner (Duhkantri d.d.)
Nitai Koruna d.d.
Charles Kramer
Kim Kroenberger
Palak Mahadevia
Dorothy Marston
Gloria Lane

William (Balabhadra das) making "the boys" third yoke in new work shop.

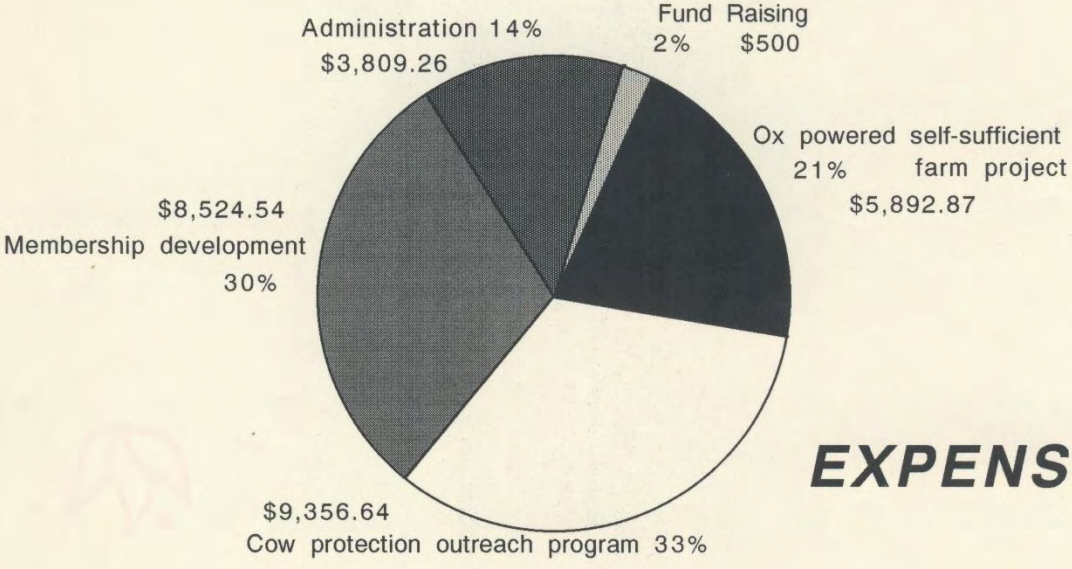
Loetitia Lilot (Saradiya d.d.)
Ben T. Lusk
Surendra Mahadevi
Charran Mahadeo
Brian & Ann Marvin
Paul McCloud (Pavamana d. & Sanpada d.d.)
Rebecca Meyer
Lisa McNulty
Lisa Morris
Heidi Morrill (Hara Kanta d.d.)
Tom Morrison (Anuttama d.)
Phil Mueller
Srinivas Murty
Nirpuna d.
Susan Noonan
Nirguna d. & Vijaya d.d.
Mollad Pascal
Savitriben Patel
David Peterson (Dayal Chandra d.)
Radha Sakti d.d.
Ranga Sarangan
Meena Singh (Matsya d.d.)
David Rice & Deborah Houtchens
Bob Roberts
Craig Roxford
Sacidulala das
Marion Schuh
Graig & Petrina Sharp
Brian Striffler
James Swartz (Yajnavalkya d.)

Maria Tittman
Rathayatra d.
Joann Thompson
Alexis Vanderzee
Varsana d.
Vatsala d.
Vyapaka d.
Rene Waisirss
Tim Walter
Brian & Kim Walters
Maddy Waxman
B.R. Weinberg (Badarayana d. & Rukmini d.d.)
Julian Weingart (Jnapaka d. & Guruvastaka d.d.)
Julia Wilson (Yadupriya d.d.)
Beatrice Wood
Chris Woods (Krsna Rati d.d.)
Stacy L. Worthington
Yadunandana d.d.
Unlimited Devotion
Debby Prasannatma (Parvati d.d.)
R.Richard (Rsavadeva d.)
Bob Roberts
Marion & Linda Salas
Arvind Sharma
Mathew Zakheim
Gandhari Zeppetello
Len Zimkus

ISCOWP: AN ETHICAL INVESTMENT



INCOME



EXPENSE

INCOME=$28,864.89 EXPENSE=28,083.31 BALANCE=$781.58

Progress Report 92

Expansion of Ox-powered Self-sufficient Project Facilities

A member of ISCOWP since it's inception in March 1990, Madhuha das (Michael Rothstein) has bought 350 acres of land 1 1/2 hrs from us. Very much attuned to the concept of agriculture based on cow protection as an economic solution and a spiritual aspect of community development, he has suggested we develop a 40-60 acre parcel of his property as an ISCOWP agricultural project in cooperation with the community's development plan. The 40-60 acres is prime agricultural land surrounded by a river and its tributaries. It is very ideal for agricultural development. In addition to the ideal land situation, other cow protection and ox power enthusiasts have been inspired to move to the community to work together to develop this land development project. We are enthused, since now there will be a group of helping hands and sufficient land and water to work with. We plan to begin work in the Spring.

Activities at ISCOWP Headquarters

At our 3 1/2 acres here in Efland, North Carolina,we have been working on acquiring, repairing, and building ox power equipment needed to efficiently develop land with oxen, planning and researching seed requirements and sources, discussing with Madhuha the agricultural layout for his land, directing the final stages of the gear development for the ox power water systems for both projects, and working to pay our everyday bills. Spring will be arriving very soon here and we want to be ready to take advantage of the good weather to present the first stages of "From Seed to Sustenance."

Our son Baladeva will be working on building the gear system for the ox powered water system as a project in his welding class this spring semester. This system can be duplicated or built to be movable so it can be used at both land projects.

We have built a 14' by 28' shed for a workshop and a hay and equipment storage area. Another workshop area was created by converting our second school bus into a work shop. This winter it was a much needed facility, heated by a wood stove with scrap wood and logs pulled into the area by Vraja and Gita. William (Balabhadra das) is presently finishing a yoke for "the boys," the third one he has made for them, in this facility.

As you know 1 1/2 acres of wheat and rye have been planted with the oxen with the use of a three row grain drill. This spring and summer we will develop the remaining pasture in fescue and white clover.

Cow Protection Outreach Program 92

Traveling with the oxen through the United States takes up about 2 months of our time in the summer. We travel coast to coast, visiting cities such as Washington D.C., Boulder, Colorado, San Francisco, Los Angeles, and Ojai and Geyersville California. Through educational literature, picture displays, and personal contact with the oxen, we present the spiritual, environmental, and economic benefits of compassionate cow protection.

This year we met with more positive reception than ever before. When we first started traveling about 4 years ago, people would be offended by the topic of vegetarianism. This summer people of all ages and backgrounds came to the booth to announce they were vegetarian. There is definitely some change going on in the consciousness of the average American.

We were pleased with some of the literature we distributed because of the positive results they created. The pamphlet "There are a Million Reasons You Should Protect Cows" had people coming back to ask questions and discuss the issues of cow protection and the environment. A membership form in this pamphlet brought in 200 new members. Many people who liked our T-shirts and other cow items but were unprepared to purchase were given the opportunity to do so later because of the new gift catalog.

Development of ISCOWP Products

Our travels this summer enlightened us to the fact that people who may not be ready to accept the practice of cow protection were willing to purchase an attractive item that presented cow protection and ox power. Therefore we were getting the message seen in wider circles.

We have been fortunate to have acquired some popular T-shirt designs since ISCOWP's inception in 1990. In addition to our T-shirt line, we have been working on a line of originally designed and hand crafted jewelry presenting the cow protection message. Also another children's cow book is in the making. Both items should be displayed in the new catalog by Christmas of 93 if not before.

The goal is to include products from the land produced by ox power. Medicinal herbs, culinary spices, seeds, and grains are just some of the possibilities.

Expansion of Communication Facilities

Due to the donation of **Gilbert Ramos (Giriraj das)** we were able to purchase a fax modem that has helped us greatly improve our communications abilities. Presently we are a member of the ISKCON bulletin board. Anyone can join this bulletin board. You need a modem and a computer. It allows communication throughout the United States at the cost of a local telephone call. We have started a cow conference and would very much like you members to communicate with us through this conference. This is especially good for network members or members who need practical information since information can be gotten at your fingertips at no cost to you other than your equipment. We are currently presenting philosophical and spiritual discussions on the benefits of cow protection.

Our fax modem, which cost $149, is obviously also a fax. We can send a fax to anyone but we must know when a fax is coming in since the computer must be on to receive it. Our fax # is 919-563-6689. If you wish to become a member of the ISKCON bulletin board please contact ISCOWP for more backup information and/or Brian for technical information and to register. His telephone # is 619-272-3888

The Morrison Family and Govinda , their pet calf saved from the slaughterhouse.

"The Family That Milks Together Stays Together"

In the Silver Spring suburbs of Washington D.C., two unusual pets roam the 3 1/2 acres of the Morrison 's home. Most Americans have dogs or cats as pets, and in this area some have horses. But the site of 9 month old Govinda, a bull calf, and Ganga, a five year old cow, roaming in the Morrison's yard is unusual and unexpected.

Anuttama das, (Tom Morrison) and his wife Rama Tulsi dasi wanted their children Vrndavana dasi and Pitavas das to realize the sacred, gentle, and loving nature of cows. They also wanted their children to remain vegetarians when they became adults. By developing a loving relationship with their pet cows, their children already have fond memories. When they become older it will become difficult to forget those memories, and difficult to buy a hamburger at McDonald's.

Anuttama das had thought of protecting a cow for a long time. He got in touch with the county offices and found a dairy farm about 20 minutes away from their home. The whole family went to visit and made their decision together to save Govinda. He was 4 days old, weighed 25 pounds, and was headed for the auction in two days.

Both Govinda and Ganga were saved from the slaughterhouse. Govinda was about to go to auction where his fate would either be the veal factory or a beef farm. Ganga could not become pregnant again and her milk production was not high enough for a commercial dairy to keep her much longer. Ganga is being supported by the Chakrapani family who wanted to protect a cow but did not have the land to graze her.

Now Ganga is milked two times a day, once at 8:30 AM and at 6:00 PM. Sometimes just one member of the family milks her but other times the whole family participates. Ganga is so gentle and passive the crowd doesn't bother her one bit! Everyday she yields 2 gallons of milk, enough for the Morrison family and friends. Milking time with Ganga has brought many sweet memories, and thus the family motto has become, "The family that milks together stays together."

Although Ganga will eventually stop producing milk, this does not discourage the Morrison family. Their goal is simply to save a gentle cow from slaughter. Ganga and Govinda are good friends and are most of the time seen together on the family's property.

Not only has the family become fully involved in caring for their cows but now they want to share their experiences and knowledge of the benefits of cow protection with others. They have posted signs on their front lawn reminding passersby of the cruel reality of meat eating. They have sent articles to such newspapers as India Globe. Anuttama das has also started a campaign to save another cow from the slaughterhouse. His goal is to collect enough funds to save a cow and then house her at the Potomac ISKCON temple. He calls his campaign "Save Mother Cow."

Living in suburbia has not stopped our ISCOWP members, The Morrison family, from fulfilling their desire to protect cows. In fact, with Ganga and Govinda grazing on their property they no longer need to mow their lawn. Often they call us to share their enthusiasm and realizations about their cow protection program. Anuttama das says, " I haven't been this excited about anything in 10 years."

We encourage other families to do as they have and experience the joy that comes from knowing you have saved a very special soul from the butcher's knife. Your efforts will save a few more gentle creatures from slaughter.

If you would like to get in touch with the Morrison family their address is: Mr. & Mrs. Morrison, 211 Vierling Dr., Siver Spring, M.D. 20904.

Did You Know?

We have received many creative and original name suggestions. However we have also received an equal amount of members requesting we keep the name as it is. This was a surprise to us especially since we were not suggesting keeping the name as an option.

Even some of the name originators said they had a hard time thinking of a new name that said it all. They also were not fully satisfied with their own name change suggestions. In light of our members feed back we decided to leave things as they are. If the wheel's not broken don't fix it.

We are sorry if we have disappointed some members. And if anyone feels strongly that we should handle this differently let us know. In many cases the name suggestions can be used for T-shirts, specific projects, campaigns, etc. We will give credit to the name originators in all cases.

We would like to give special thanks to the following members for their name suggestions:
Kenneth Burrill
The Carr Family (Jayadeva d. & Bavani d.d.)
The Davidson Family (Gour Govinda d. & Sita d.d. & Candramukhi d.d.)
Prana Gouranga das
Bud Konowitz
Nirguna d. & Vijaya d.d.
Ken Pastore (Kanva d.)
Gilbert Ramos (Giriraj d.)
James Ross (Bhakta Jim)

Nina Scozzari, is offering the use of her 25 acres in Virginia as a cow protection facility. We feel this land is very suitable for such a project and offers a wonderful opportunity for someone who is attracted to pioneering a land development project based on cow protection but does not have land nor the finances to purchase land. We are looking for someone to take up this challenge of piloting a cow protection project. With it's location fairly close to us we will be able to assist whoever takes up this project. Please get in touch with us if you feel you are the one or you know someone who might be interested.

LAKSHMI'S KITCHEN

One of the most important steps in establishing cow protection is to establish vegetarianism. We can't speak seriously about cow protection if we are still dining on the flesh of the cow.

In our previous installment of lakshmi's kitchen we have presented some of the basics of a vegetarian meal: vegetable, dahl (bean soup), rice, and desert. One of the basics of a vegetarian meal that we have not included is bread.

There are several different types of breads that we use alternately. In this issue we will include the chapati a non-yeast bread. In Auryvedic health care, yeast breads are not considered healthy for the stomach and are practically unheard of in countries such as India. Next issue we will describe the other breads.

CHAPATIS

1 1/2 cups whole wheat flour
1 1/2 cups white flour
1 teaspoon salt
1/2 cup yogurt
warm water

Mix the dry ingredients.

Add the water gradually until the dough is soft but not wet and can be kneaded.

Knead the dough until fairly soft (about 10 minutes).

Sprinkle flour on the rolling area and pinch off the balls of dough about 1 1/2 inches in diameter.

Flatten balls and roll out to about 4-5 inch diameter.

Heat a skillet (you should have just for this purpose; always keep it clean and free from oil or ghee, cast iron is best) and place the chapati on it. Watch carefully.

When bubbles appear, turn chapati quickly and watch for bubbles again. Using tongs, hold the chapati over a direct flame from the stove. You can rest the chapati on the burner, but be very quick to turn it.

Place the chapati down on the first side that it was cooked on in the skillet. Within a few seconds the chapati will puff up.

Quickly turn it over, put on the burner a few seconds, and then remove.

Butter both sides with the melted butter, using a pastry brush.

Cover the chapati with a clean cloth to keep in the heat.

We want to bring special attention to a mistake in the last issue's oatmeal-chip cookie recipe. The recipe calls for an additional 1 cup white sugar. A lot of our members were looking forward to using this recipe, so we are very sorry if your cookies did not taste perfect.

Making The Irons

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

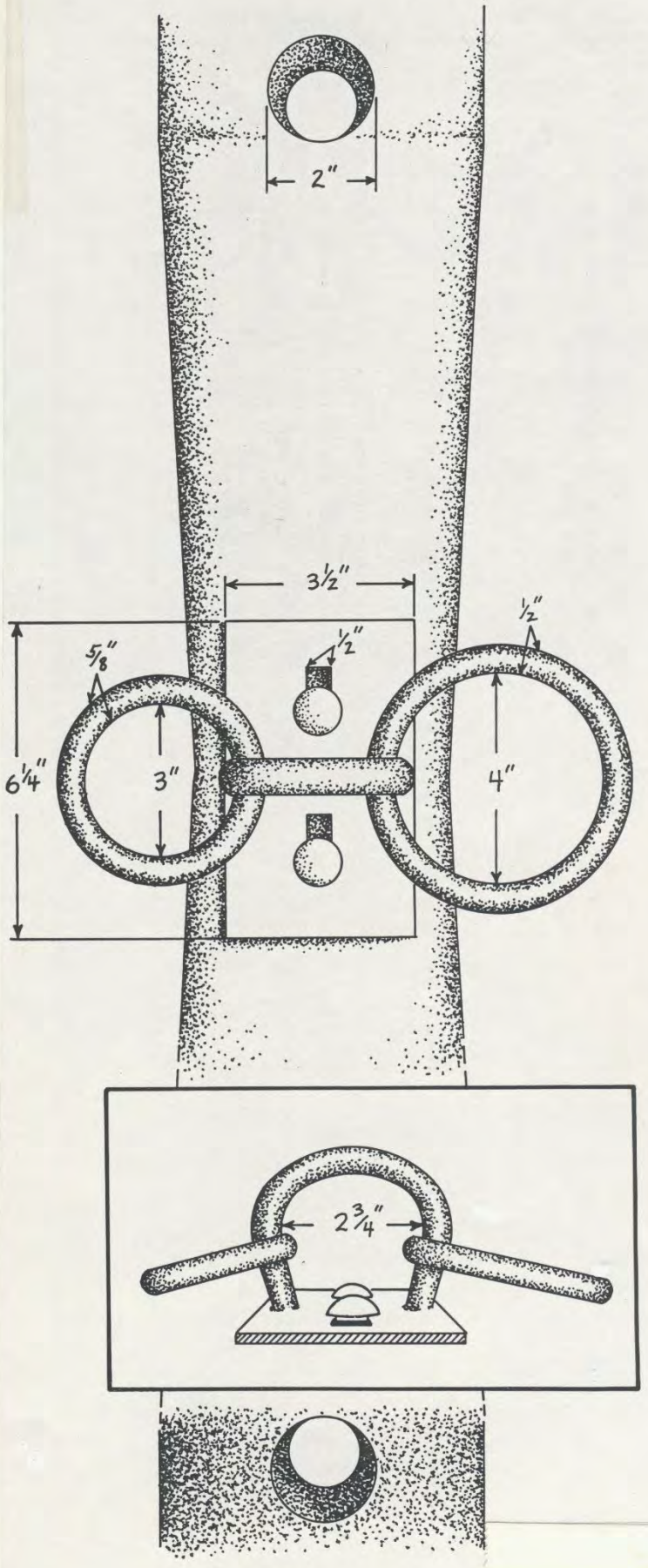
Take a three-eighths inch thick metal plate and cut it to the size shown in the drawing, about three by six. First cut the bolt holes. These holes are a half inch by an inch-and-a-half so that the iron can be adjusted back and forth to compensate for one ox being stronger than the other. This gives a little additional leverage to the weaker ox so that he can pull on the load evenly.

After these holes are made then you cut two round holes for the rod that will hold the two rings. This should be at least five-eigths inch soft rod. After the holes are cut then you bend the rod so that it fits right into the two holes, all the way through. The rod ends should stick out the other side of the plate.

Before you insert the rod into the holes you have to make the rings. As you see in the drawing, there are two different size rings. The smaller one is heavier, made out of a five-eigths inch rod and is used for the chain that you pull your loads. The chain goes through the thinner ring. The larger ring can be a half inch rod since it doesn't take very much stress. (Remember, the larger ring is thinner and the smaller ring is thicker.)

After putting the two rings onto the bent rod, insert the bent rod into the two holes in the plate and weld them. Weld on both sides of the plate all around the rod and then whatever is sticking out beyond the weld on the bottom of the plate, cut it off and grind it smooth.

When you mount the irons on the yoke you will have to make some grooves in the wood for the stubs of the five-eigths rod which are sticking out of the bottom of the plate. This is so the plate can fit flush with the yoke and also slide back and forth when you want to adjust it. The irons get bolted onto the yoke with one half inch carriage bolts. The irons should be very well made with indestructible welds. When the oxen are pulling very hard on a load, if the irons give way and break, there can be dangerous consequences.



Seed Bank?

Seeds are one of the most essential ingredients in building the foundation of an ox powered self-sufficient farm.

Today 95% of the seed companies sell hybrid seeds. A hybrid seed is good for the first planting, but does not produce a plant whose seed is reliable for the subsequent planting. You are therefore put into a position of having to buy seed every year. On the other hand if you buy open-pollinated seeds, a plant will grow whose seeds will produce a healthy, strong plant the next year. Each year the seed can be taken from the home-grown plant producing a plant that is eventually acclimated to the local climate, elevation, etc. Only the most healthy looking plants are allowed to go to seed to produce seed for planting the following year.

By following this process we are building our "seed bank " and it is self-perpetuated year after year. There is no need to buy seeds after the first investment. The acclimated seeds can also be sold and/or given to our members for their farm and garden development. Our members can take the seed from their plants and use them the following year. They too, can develop seeds that are acclimated to their area.

We think of investing in seeds and land as "investment banking." The more you invest in them the more they will give back to you. If a farmer tills into his soil nutrients such as compost and manure, he knows his soil will produce more and healthier crops. Seeds and crops from such a farm situation are truly organic and rate the highest quality at the organic market.

You may ask why. Did you know that in the organic trade the soil is enriched with slaughterhouse waste products such as blood meal, hoof meal, etc? A lot of these ingredients are from cows. In other words you are nurturing one mother (Earth) with the blood of another mother. And if you think purchasing organic vegetables is safe guarding you as a vegetarian you can now see this is not the fact.

By working together to build a seed bank in an environment where no animal products, such as blood meal , are used, the earth is tilled by oxen, and the seed perpetuates itself, we are not only producing an acceptable seed for our own projects, but we are producing a unique line of seeds truly vegetarian, non-violent, and truly organic. These seeds can be made available to people outside the ISCOWP membership who are concerned that their food comes from a vegetarian non-violent source. To find out how you can contribute to and/or become a part of this seed bank, please read on.

Invest in The Seed Bank Co-op

Your investment in the seed bank is essential to the Seed Bank's success Not only will your investment yield an increase in seed quantity and quality, but you will have the satisfaction of knowing that you are helping to build the foundation of farming based on cow protection. You will also receive a gift from us in reciprocation of your participation.

When you give a $30 donation you will receive one of our new T-shirts *From Seed to Sustenance*, a $100 donation will receive a T-shirt plus a bronze plaque, personally inscribed with your name as a founding member of the Seed Bank. A $15 donation will receive a packet of seeds produced from this year's crops which you will be able to use for next year's planting. If any donor would like to receive seeds, in its equivalent value, instead of the above mentioned gifts please check the appropriate box in the enclosed form.

A $1000 is needed to purchase this year's seed for planting a variety of vegetables, a variety of corns; sweet corn, broom corn, popcorn, hulless oats; wheat, buckwheat, sorghum, and New Zealand grass seeds. These seeds will to be planted at the 40 acre Sandy Ridge, N.C. land project. At our headquarters we will be planting fescue and white clover as a cover crop for the boys.

Spring is rapidly approaching. Your prompt investment is crucial to beginning this year's spring planting on time. Please do not delay.. Refer to the enclosed form and envelope and invest in the Seed Bank today!

From Seed To Sustenance
new gift T-shirt

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

The International Society for Cow Protection
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