THE ISCOWP NEWS

The Quarterly Newsletter of THE INTERNATIONAL SOCIETY FOR COW PROTECTION Winter 1993

Gifts From the Earth

Where is food? Where is shelter? How do I maintain myself? In all societies the basic problems of sustenance are similar. How these necessities are provided determines the quality of a society's lifestyle.

If we are providing our necessities in cooperation with the Earth, not by exploitation, a harmonious life will result. We then find the Earth bountiful in return. However, if we continue to rape the Earth of her resources to provide our necessities and non-necessities, we will suffer all kinds of loses. Polluted air, polluted drinking water, soil erosion, desertfication and species distinction are only a few.

In this issue, some of the articles give an insight into how we can work in harmony with the Earth to provide our necessities. Not only does harmonious interaction with the Earth secure her gifts for the future, but it also provides what most would consider a joyful way of life.

Today's technology offers speed; working in harmony with the Earth is slower. However, the long range results are greater. The slower pace allows an appreciation of the Earth's gifts which are free to everyone. It affords a simpler life where one's mind can become peaceful and capable of concentrating on divine subject matter. And, what may seem surprising, it can provide us with material comfort.

The picture above shows rye which was planted with ox power last fall, being mowed with ox power. Page 8 begins the article explaining how the boys in the bottom picture are helping to build a log house. Another article on page 9 explains the ecological benefits of logging with oxen.

Logging, Soil Conservation, Home Construction

LETTERS

Inspired

I am reading your newsletter since last two years. I was very impressed by the growth of your program. The event, when two calves were saved, has touched my heart so much that I personally want to save a cow from going to slaughterhouse. As I am Indian, being born Hindu, I consider it is my duty to save a cow. I urge all the members and Hindu community to take it as their personal responsibility to help protect the cows.

I am writing you this small story. This incidence happened in one of the villages of Rajasthan where I come from.

In a village there was a farmer who was taking care of this field. he had a well to supply water to his fields. One afternoon cowherd men brought almost 100 cows towards his well so they could drink water.

There was not enough water in the well. The farmer knew this fact.. For the past few years he dug the well deeper but still the water was never enough. But he did not want to stop the cows from drinking water so he stopped giving water to the fields and allowed all the cows to drink.

After all the cows were satisfied, he thought now there will be no water left for the fields. But he was not worried because he was satisfied that at least the thirsty cows were served.

Next day when he returned to the fields he was astonished to see that the well was full up to the brim.

He was very pleased that it is all because he served the cows first without considering his own needs.

Rama Chaturvedi
Orange, CA

Vivekananda Centenary (Vision 2000),

From various sources I heard good reports regarding your good preaching at the convention (Vivekananda Centenary) in D.C. on behalf of Srila Prabhupada and the cow protection as indicated in revealed Vedic Scripture. *India Today* magazine even mentioned briefly the cow protection program.

This is all very inspiring and it is starting to have the desired effect. Unfortunately because of my poor health I have not been able to help you much but I am always with you in my thoughts. Please keep up the excellent preaching work that your good self and mother Chaya are doing. Eventually Krsna will reward us accordingly.

Dr. Arvind Singh
(Advaita Acharya d.)
Narbeth, PA

Thanks for your fax of July 23, 1993 and regret for delay in reply, since I had gone to Hyderbad to attend an all India Seminar on Vegetarianism. It was participated by over 100 organizations working in the field.

I understand unnecessary controversy has been started by some people on Vision 2000, but have every hope that misgivings would be cleared during proceedings.

Due to certain unavoidable circumstances, I had to cancel my program and thus depriving me, the excellent opportunity of meeting good people like you.

You must have arranged a display on Cow Protection during Vision 2000. Please advise what was the response?

In your organization, what work is being done, please do advise in detail. A copy of our magazine *Rishabh Shree* is being sent. Please send your comments.

The information given in my letter was very brief. I really do not understand myself why the Indian government is encouraging slaughter, when all over the world, more and more people are becoming vegetarian.

The lobby of big business is prevailing upon government to encourage use of tractors, which means nothing but transfer of resources from rural to urban and foreign countries. Even expert studies have clearly proved disadvantages but they do not see reason and are blindly following West.

Village economy is disturbed to an extent that no one wants to live there and wants to migrate to cities. Not only Bharatiya cities, but most people in government and business also prefer to send children to foreign countries for study or work.

I am really encouraged by your very kind remarks; "It is important for us to meet and join our efforts in pushing an international cow protection." It is unfortunate that this meeting could not take place now that I had to cancel my visit.

In any case looking forward to another opportunity.

Laxmi Narain Modi
Managing Trustee
Bharitya Cattle Resource Development Foundation
Delhi, India

Dear Reader,

For a report on ISCOWP's participation in Vision 2000 please refer to page 5.

Love Those Cookies!

Again, thank you for those tempting, scrumptious, addictive, mouth-watering, tongue-tantalizing oatmeal cookies! And best wishes for your farm projects.

Amala Bhakta das
Krishna Productions
L.A., CA

You will be happy to hear that I distributed all the cookies you sent me to the faculty and graduate students in the Sanskrit and Indian Studies Dep't at Harvard, and they eagerly ate them up. They were more than happy to get this mercy.

H.H.Hridayananda das Gosvami
Somerville, Mass

Thank you so much for the wonderful, delicious prasadam cookies. My daughter and her boyfriend said they were the best cookies they ever had!

Balai dasi
LA.. CA

Dear Reader,

To find out how you too can get these mouth watering oatmeal cookies refer to page 10.

How Do You Do It?

Vrnda, the Holstein, had a baby calf on May 19th. His name is "Buddhi." He's very sweet. You can see from the pictures. He is only 7 weeks and he's huge. I definitely would recommend to your interested readers that unless they have previous experience with training oxen, they should stick with a SMALL breed. Already at 4 weeks he was very large and frisky. I was barely able to control him just due to his weight, size and youthful vigor. He is castrated but still very energetic!

Hansadutta fortunately has taken over the twice daily leading exercises. He is more mannerly but when he feels like kicking up those heels and running Hansadutta has to hold on! I (we) would appreciate any suggestion on basic handling techniques.

One problem is that rarely does he walk nice and steady. Sometimes he balks and 40 feet later he takes off wanting to pull. Is it all right to tap them on their rump to keep him moving or is a sound better? So far, like with a horse, we're trying to show him when he walks along nicely the lead is loose. When he balks or bucks, the lead gets tight. I was hoping the positive and negative response would work but he's stubborn like a donkey.

Please suggest what works well.

Laksmi devi
Cloverdale, CA

ISCOWP REPLY: Pertaining to the training of your young ox I am enclosing two separate training manuals. The first manual was written by Parmananda Prabhu when he was at Gita Nagari. Mostly the oxen that were trained there were trained at around two or three years of age and you will notice a certain flavor of having to be HEAVY with them. At two and three years of age it is like being in adolescence for a human. They don't want to be in school or accept authority from parents, teachers etc. For the ox you have to make friends with him and he already has an advantage over you simply by the size of his body and strength.

The second manual you will find in parts in our ISCOWP Newsletters which are enclosed. I started training Vraja and Gita when they were two and a half months of age. The mood is much different and I had the advantage over them both in size and psychology because at that age they are just like little children When working with the young oxen I found it much easier to train them and also it was much easier for me because I don't like to have to HEAVY them out . Read them both as you will find many applicable instructions in both of them. Also enclosed is an address for another training manual which was put together for 4-H.

Since you only have the one ox, you will need to make a single yoke for him. I will send you information on that in the very near future.

Also enclosed are some old articles from The Small Farmers Journal. They are very informative with a lot of old timer type of wisdom.

I'm glad that you are having this opportunity to experience in a hands on fashion this part of cow protection. By training this ox and actually engaging him in Krsna's service, you will have a deeper understanding of the importance of cow protection by practical application.

The book I mentioned earlier is entitled THE OXEN HANDBOOK by Drew Conway and Dwight Barney. You can send away for it at the follow ing address;
Doug Butler Publisher
P.O. Box 370
Maryville, Mo. 64468

If my memory serves me correctly it was $10 for the book and $2 for postage. It is a must have book as it contains many aspects of working with oxen, yoke and bow making, etc..

The questions you asked will be answered in the literature we have recommended. But we can quickly answer your questions briefly. You asked if it was all right to tap him on the rump to keep him moving or is a sound better? This is all right in conjunction with the voice command. The tap emphasizes the voice command.

The tightening and loosening of the lead rope is okay but you should be careful that the tightening of the rope is not discouraging him from eventually pulling. When an ox is spirited he can become discouraged by too much restriction. Each ox is different and the trainer must be sensitive to these differences.

Hansadutta das training Buddhi

Dear Reader,

We are in the process of developing an ox training video series. The introductory tape will be available in the spring.

Also if you would like to receive Parmananda ox power manual please send $5 to the ISCOWP address for copying and shipping. If you would like copies of the ISCOWP instructions please send $5.

BBS Networking

Through the BBS we are in touch with Maitreya das in Belarus. The following are some excerpts from this communication which we thought you would find interesting.

ISCOWP TO MAITREYA DAS: We are very happy to communicate to you through the BBS. This will greatly expedite communication and we can also upload to you information regarding training of oxen, pasture management or other information you might need to help maintain and perfect your cow protection program.

Our experience is that to be effective in your preaching of cow protection, the more you are living what you are preaching the more you will be able to convince the public and other devotees that cow protection is essential to establishing a Krsna conscious lifestyle of peace and harmony.

Half of cow protection is working the oxen. Are you working oxen on your farm?

Is it not true that there is food shortage in your area of the world? You could show realistically how no one needs to go hungry if only he harness the bull, a natural by-product of the cow. The bull costs him nothing or at least far less than any tractor. With the high cost of petrol in your part of the world who can afford to run a tractor? When the tractor brakes down who can afford to buy parts? And even if he can afford the parts, how hard is it for him to get them?

Clearly ox power is the power of the future for countries such as yours and eventually all countries since the earth's petroleum can only last so long.

MAITREYA DAS TO ISCOWP:

We have received your letter by Internet. Now we try to write you reguarly and we'll be one of the members of the conference named "Cow". We put off the conference which was planned in June in Minsk. In Belarus the campaign against Krsna Consciousness began. We must spend a lot of time and powers to win the court. We were prosecuted that mahamantra, our principles and our philosophy do harm on people health.

Of course, we continue to work at our farm. Now we have four oxen, but we don't use them for plowing. They are adult. Two of them are weighing 300 kg, two - 400 kg. In one or two weeks they will be gelded, when it will be colder and less flies. Therefore now we use only ourselves power and a horse. There are 12 devotees at our farm. We plan to finish the main building to the end of this year. Then we can place more than 40 devotees. We practically have not any contrivance, therefore we gather in by hand. In future we want to use oxen power.

We need in good seeds, but I find difficulty in replying what namely seeds we need. We have a little experience and not very good soils. In spring we bought seeds which we sow. Now we gather in of cabbage, potato, cucumber, tomato, beet, vegetable marrow, pumpkin, pea, haricot. The harvest of tomatoes and cucumbers is good to my mind, but we can't compare it with something else.

We try to know about your seeds, which were passed to Latvia and I'll write about it in my next letter. We received a part of that seeds, but last year it was a fire at our farm and the seeds were burnt down. Also we made a copy of a catalogue of seeds. Now we have only this catalogue "Organic Gardening with Bountiful Gardens".

All devotees of our temple have a big wish to organize a good farm of ISKCON. But here we have one advantage. People say here that vegetarianism is not for our latitudes. If we'll make our farm well-being (we hope that our farm will be flourish) it will be a great step in ISKCON preaching in CIS. We hope to receive your good advices in future.

Dear Reader,

You can communicate with us through E-mail. The cow conference can be reached through Internet and Link: (cow@com-link.org). Through the Sweden BBS: (cow@com.bbt.se). Personal letters can be sent to (ISCOWP@com-link.org) on Link and Internet. On Sweden BBS send personal letters to (Bala AC). If you have any questions just write to us or give us a phone call.

Vegetarianerforeningen

There has never been performed any survey regarding how many vegetarians there are in Norway, but I would estimate that we are at least 5000, possibly twice that or even more in our barbaric whaling country. There are several groups working with animal welfare in our country, but there has never been an active Vegetarian Society for tens of years. Now, however, we will try to change that situation.

The idea behind forming the Vegetarian Society (working to spread both vegetarian and vegan information), was put forth on an environmental gathering for youths last summer, and is being realized in these days. We are yet only a small group because of our difficult economic situation. But still, things happen. We make information packages, posters, buttons and T-shirts. In a few weeks, we will arrange a vegetarian cooking course for youths. Local groups are being formed rapidly.

Our need for information about all issues concerning vegetarianism is great. It is for that purpose we write to your organization, which we have understood to be working with vegetaran/vegan questions.

The information you give us will be distributed to tens and hundreds of practicing and potential vegetarians and vegans in Norway, who hardly receive any back-up or support for their choice of diet today!

Pal Thorbjornsen
Coordinator
Oslo, Norway

Dear Reader,

Your contributions to this newsletter are most welcomed. Please send us a letter if you have questions, issues you would like discussed or ideas to share.

Spreading the Message of Cow Protection

The Global Vision 2000 event held August 6th, 7th and 8th in Washington D.C., did more than just honor the memory of Swami Vivekananda and mark the 100th anniversary of his arrival in America. Speakers boldly proclaimed that the spiritual concepts propounded by Vivekananda in the last century contain the solutions to the problems of the next. There were pressing appeals for spreading the ancient Hindu values of which vegetarianism and cow protection are a part.

The true significance of this event lay in the crystallizing of a Hindu identity in America, and a clearer appreciation and realization of the true value of Hindu belief, tradition and customs.

The Vishwa Hindu Parishad organization based in India was responsible for originating and organizing the convention. Thousands of people, mostly of Hindu background and from all parts of the world attended the event.

ISCOWP held a booth in the convention hall. We met people from Bhutan, Singapore, Kenya, Holland India, etc. *India Today* magazine interviewed us and wrote a short comment about us in their report on the convention. Mr. Vishnu Hari Dalmia, president of Vishwa Hindu Parishad visited our booth and very much approved of our efforts to present cow protection.

***ISCOWP presents cow protection at the Vivekananda Centenary held at the** Washington Hilton, Washington D.C.*

The protection of the cow has always been very dear to India. Before animal rights and vegetarianism became well known in America, it was a way of life for Hindus for hundreds of years.

It was these particular Hindu values we presented and discussed with the youth as well as the adult attendants of the convention. Impressive were the youth who had intelligent questions seeking to find their specific identity in this American culture. We are looking forward to more interaction with the Hindu community in jointly pushing forward cow protection.

At the Eco-Fair, Vraja & Gita charmed many visitors. Our "Stop the Murder" sign, picturing a cow between a hamburger bun was highly appreciated as clearly presenting the reality of a meat based diet.

Events such as these are valuable ways of spreading cow protection. Although Vraja & Gita attract a great deal of attention, it is still valuable to attend events where their presence is not possible. We are currently developing a slide show and video for such occasions.

***Vraja and Gita appeared at an Eco-Fair in Raleigh, N.C. held at the Dorton Arena. John** Robbins was the quest speaker*

Education: Training of the Teamster

OPENINGS FOR TEAMSTER TRAINING IN THE SPRING AND SUMMMER

Man Mohan, from San Juan, Trinidad, desires to start a rural community based on cow protection in his country. His parents own 1 1/2 acres of land in Trinidad where they grow vegetables. As a youth, Man Mohan spent many hours helping his parents with their agricultural ventures. Tractors and petro-chemicals were used and through the years Man Mohan came to realize that a more sound ecological balance between man and the land would be beneficial to humanity, the earth and all its inhabitants. Therefore Man Mohan's goal is to purchase land large enough for several families to live and cultivate organic vegetables with the power of oxen.

To achieve this he knew there was much to learn. To begin he came to America to learn the art of working with oxen and stayed with Balabhadra das for one month. Having no experience with working oxen, he began his training with voice commands and the general handling of oxen. Under Balabhadra's guidance he progressed to working with Vraja and Gita by himself at the Sandy Ridge land project. The pictures in this article and throughout the newsletter show his activities in a living classroom setting.

Man Mohan from Trinidad is learning to make a yoke *from an oak log under the instruction and guidance of Balabhadra das.*

If you are interested in experiencing ox training, land preparation, planting, cultivating, crop care, harvesting and different aspects of marketing, then get in touch with us. Apprenticeship programs are available for the spring and summer. We like exchanging our knowledge for your help in developing our Sandy Ridge land project. If your help is not possible than a fee to cover room and board would be exceptable.

Spend a weekend, week or the entire summer. The goal is to have 5 acres in full production by the end of next summer. Experience bathing in the creek and just getting some good old-fashioned healthy air and time in the country. Come and experience the "good life."

Another possibility would be to come to the spring or summer Gita Nagari Retreats where Balabhadra das will be giving hands-on as well as philosophical seminars on the "how to" and "why" of agriculture based on cow protection. These seminars will be announced in the BTG magazine and communications with you.

Mastering the art of ox power and its concurrent lifestyle is not limited to men only as you can observe by the pictures in this article. Propensity not gender is the

CONTACT THE ISCOWP ADDRESS ON THE BACK OF THIS NEWSLETTER

Balabhadra das instructing Man
Mohan in the use of voice commands. Man Mohan is practicing the command "Haw" (to turn left).

deciding factor. Women, children and teenagers can learn the art.

In the September issue of the Smithsonian magazine, 5 year old Derek Duckworth was pictured with his one year old team which he trained himself! He was going to fairs with his team when he was 4 years old and they were 4 months old. At similar fairs there are long lines of boys and girls (teenagers included) waiting to show their teams.

All these teams were trained by voice commands and by the children and teenagers themselves. This is the special merit of voice commands; the teamster has control over the animal through training and not through brute force or pulling a nose ring. This allows women, children and teenagers the opportunity to learn the art of ox training. It should also be noted that in all the Smithsonian pictures of children with their oxen, all the oxen maintained their horns.

All training offered by ISCOWP applies the principle that a relationship between the teamster and his team is based on love and trust. Voice commands are the tool by which this principle can be applied and offering education to potential teamsters is a way to spread ox power.

Helen Wells acquires a joyful taste *of farming with oxen by cleaning out Vraja's and Gita's shed.*

Jamuna devi participating in a *hands-on seminar at Gita Nagari. Here she is disking the garden with Buck and Lou.*

Living in Harmony With the Earth

Building a house and designing its environment is one of the most important steps to be taken by any family. Traditional methods are easily available at their prescribed cost. To strive to create housing that utilizes the resources of the land, and to create an environment that is in harmony with nature is not the norm. However, for its manifold benefits, the challenge is worth accepting.

This challenge is being taken up by the Edwards family (Uddhava das and Arci devi). Members of ISCOWP, they have for many years been attracted to a self-sufficient life style. Recently they have bought land at the Sandy Ridge land project and have begun clearing it for their log house. Trees cleared from their housesite will provide the logs for their house. The boys pictured on the front page are rolling one of these logs to a stack of similar logs (pictured above) which are to be seasoned for the next 6 months.

As they season, the logs will dry out and shrink. After 6 months of seasoning they should be ready to use as building material. They will then be hoisted into place to form the house structure by the use of ox power.

Logs from the trees cleared for a house site are cut into 8ft and 12ft lengths and *stacked so they can season for six months. They will then be used to build a log house.*

Another family conscious of building their environment in harmony with nature is the Crawford family (Mahasrnga das and Radha Kanta devi). It is their land pictured below which is being graded for soil erosion control. Their land, also at the Sandy Ridge land project, was prepared by Vraja and Gita with a spring tooth harrow. The harrow loosened the soil by penetrating the soil approximately 3 inches. The log drag smoothed it out, graded it and made a seed bed for grass seed. The Fescue grass planted on the hillside land serves as soil erosion control until a more permanent cover crop such as mint and/or other herbs can be planted.

Vraja and Gita are preparing a hillside by a housesite for erosion control by *pulling a spring tooth harrow with a log drag.*

One of the concepts developing in this community is eatable landscaping. This concept entails planting medicinal herbs, culinary spices, fruits that can be canned and dehydrated, and plants that can be used in cottage industries

There is much to do in a lifestyle which is harmonious with nature in which the whole family can be engaged. This is one of the manifold benefits of living in harmony with nature referred to earlier. The boys who helped stack the logs will be helping in the other aspects of building the log house. They will be learning valuable skills as well as enjoying being together.

Logging With Oxen

"Oxen are at their best in the woods. They excel at selective logging, a practice still championed by many traditionalists. Like the horse, the trained ox can maneuver adeptly through close spaces, leaving standing trees and forest soils in good condition. Because they are so sure-footed, oxen do not require the ditched and graveled roads that tame the forest for modern - day machines. In previous decades, the woods were full of oxen. Teamsters were hired out to logging companies for the winter and sent home their pays. Others worked family woodlots to supply saw logs and pulpwood to local mills and to bring firewood to nearby towns. Today there are still places where oxen haul timber on private lands or log delicate or inaccessible areas." (*In Praise of Oxen,* Terry James, Nimbus Pub. 92).

A place where oxen still haul timber is Gita Nagari Farm in Pennsylvania. Balabhadra das is continuing this tradition which has been in existence for a decade. The policy has been to use only dead trees for fire wood. With the farm's 150 acre forest there has always been enough dead wood to feed the fires of all 16 buildings.

During the summer Balabhadra das marked the dead trees which were easy to recognize at this time of year due to their lack of leaves. This fall he and Puspavan das (Nathan Coupal) began going into the woods to cut down the dead trees and skid out the logs with the oxen. (To skid a log out means to haul it out with a chain as shown in the picture below. However, hauling with a sled is easier and more effective).

Vraja & Gita hauling a log with chains

A new Taylor wood stove, capable of heating sevral buildings, is now in use. It is an efficient, well insulated furnace boiler which holds 2 thousand gallons of water. At present it is being used to heat the temple which has always been heated by radiating hot water. The new stove's fire box holds 4 foot logs.

In previous years only one chain saw was used in the woods to cut the logs into hauling size, and an ox power unit was used to cut the wood for the fires. Since this unit is not presently operating the chain saw is used again to cut the logs into 3 and 4 foot lengths at the furnace sight to fit the firebox. These logs are stacked at the sight.

Making a living from logging with oxen is a reality for some folks. Clyde Robinson from Maine, who logs for a living, was interviewed in the Fall issue of the *Small Farmer's Journal,* Vol., 11 No. 2. In the winter of 81', Clyde made an agreement with a landowner who had a contract to supply state-aid fuel wood. His lots were thickly overgrown with small to medium sized hardwoods. Logging this land with modern-day machines would not have been profitable for the owner or the loggers.

Clyde cut and yarded (delivered to the owner's yard) four foot wood for the owner for $25 a cord (a stack of wood 4 feet by 4 feet by 8 feet). For delivering the wood, Clyde charged $15. The price delivered was $55 per cord, giving the landowner $15 clear, broken down to $10 for the stumpage, and $5 for having the contract. Clyde also developed his own customers, charging the same price, paying $10 for the stumpage (a few dollars over the going rate) and keeping the $5 for himself.

Clyde's daily routine - as established that first winter and continued ever since - is to go into the woods at dawn, and cut and yard out two cord. As often as not he loads the wood and delivers it, and is home for the day for lunch, early in the afternoon. He has never had an employee, although at various times one friend or another chopped on a piece rate of $12 (a few dollars above the going rate). In a morning a helper can cut two cord, while Clyde can cut a cord or more and still yard out the whole production.

Clyde won't claim he is getting rich, but he is putting money into his account, not the banker's. He uses voice commands, does not dehorn, and is enjoying a strong trusting relationship with his team.

As Balabhadra das sums it up, "All day in the woods, working through nature's obstacle course with 'the boys,' is one of the most enjoyable experiences of being a teamster."

Special Thanks

Dear Members,

The past year we have been appealing to our members to take up monthly pledges or help in other ways to support Balabhadra das's ISCOWP activities so that he need not work "outside" for support of himself and ISCOWP. The purpose was to produce hands-on activities to exemplify the reality and benefits of what we are preaching. Well, we want you all to know that Balabhadra was able to dedicate all his time from the month of April to mid November to ISCOWP activities. We think you can see by the spring-summer issue and this issue that, due to your help, there has been a very real increase in the practical, hands-on educational activities of cow protection.

All of you who have donated to and/or bought from ISCOWP have helped to accomplish this increase. In our annual report, which will be the next ISCOWP News issue, we will list, with thanks, all those who have helped. Now we would like to give a very special thanks to ***Taraka das (Tab Mettler)*** *whose monthly pledge was the turning point in freeing Balabhadra's time to serve cow protection. His dedication to the principle of sustainable agriculture based on cow protection as the solution to the successful development of rural communities and his desire and dedication to see Gita Nagari develop successfully along these lines is highly commendable and inspiring to us.*

Uddhava das and Arci devi dasi, Mahasrnga das and Radha Kanta devi dasi *have been supporting Balabhadra's activities in helping them obtain the beginnings of a self-sustainable lifestyle at the Sandy Ridge land project. You have read the article in this issue, "Living in Harmony with Nature" which explains these activities.* ***Veda Guhya das and Janaki dasi's*** *donation to the Sandy Ridge spring planting was the one, combined with the donations of other members, that initially freed Balabhadra's time. This support combined with our monthly pledges have enabled Balabhadra to practice cow protection. The monthly pledge is a great boon for us; it provides us with a known income.*

We offer special thanks to all our pledgers: $100 per month - Dennis and Caroline Constantine, $50 per month - Dan Duer, $30 per month - Ekanath das and Family (Gaasbeek family), H.H. Hridayananda das Goswami, Purusottama das and Revati dasi (McNay Family), Rupa Manjari dasi and Jagadisvara das, (Vutetakis Family), Saraswati dasi (Betty Woodhouse), $25 per month - Doug Carlton, Karnamrta das and Arcana Siddhi dasi (Cox family), $20 per month - Balai dasi (Blanche Marsden), $15 per month - Parampadam das (Kenn Perry), $10 per month - Amrita dasi & Rasamanjari dasi (Ann Kellog & Marilyn Stein).

This holiday season make a new years resolution. Make a pledge to support ISCOWP's activities. Please join our monthly pledgers. We send pictures along with a monthly report of our activities to any monthly donor of $15 or more. $30 or more monthly donors receive monthly picture reports plus those delicious, scrumptious oatmeal-chip cookies (Vraja's and Gita's favorite snacks) every month.

ISCOWP is a grassroots organization, totally dependent on its members to carry-on and increase its activities. Yes, that means you are most important to us and your participation is what will determine our success or failure. So, please help out this holiday season by taking a pledge or sending a Holiday Gift.

P.S. Your help has enabled me to increase ISCOWP's activities. But there is so much more which needs to be accomplished. For instance, several projects such as the Water System are waiting to be completed, but there are no available funds. My time has been freed-up but I need your help to be progressive. Give generously this holiday season so ISCOWP's activities in 1994 can get off to a good start. By completing these projects the practical example of Ox Power and cow protection can be shown. THANK You once again. Balabhadra

Now, You Can Give a Special Holiday Gift

WISH LIST

Hay Loader	$350
Printer font update	$80
Camera flash	$40 - $70
Video camera	$1000

All these items will either save us expenditures and/or enhance our program. For instance, A PLP II printer by GCC Technologies is used here at ISCOWP. Right now we only have 3 fonts the printer recognises. The printer system version must be updated to enable additional fonts to be used. Thanks to **Kaisori dasi** who has been very helpful in solving this and other software problems.

With the video machine we could educate teamsters and the public through educational videos. **Aditi dasi and Udayananda das** have loaned us their video camera for Efland activities. This has greatly helped to provide **Hare Krsna dasi** with material to produce an ISCOWP educational video series on ox power. The introductory video will be available in the spring.

The Ricoh camera donated last year by **Bud Konowitz and Suzanne Hopkins** has greatly improved our pictorial presentations. Now we need a flash so we can take pictures indoors. And the hay loader will enable us next spring and summer to put up our own hay in Sandy Ridge.

You can either donate the item, make a monthly pledge to help us acquire these items, or make a one time donation. A $15 one time donation will receive a free *Higher Taste* cookbook. A $30 donation will receive an 8" by 10" laminated color print of Vraja and Gita suitable for framing. A $100 donation will receive a beautiful colored framed 8" by 10" Indian print of Krsna and the cows. Any $1000 donation or equal valued gift will be recognized in each video as a benefactor of ISCOWP.

Don't forget, if you take up a monthly pledge of $15, you will receive a monthly photo activity report and a $30+ donation will receive a dozen delicious, scrumptious oatmeal-chip cookies every month including the activity report.

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.

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.

The recipes presented in this column are simple and easy to do. If you come across some unfamiliar spices, you should be able to get them in any oriental or Indian food store.

In the last installment of *Lakshmi's Kitchen* I presented how you could make whole wheat bread. This issue I am presenting an eggplant vegetable which can be served by itself and as a spread on the whole wheat bread of last issue. At our home we like to toast the bread and then spread the eggplant vegetable. If you prefer, you can cook the vegetable a bit longer until it is more like a puree to make it more usable as a spread.

Eggplant, Tomato Stew

PREPARATION TIME: 30 to 45 minutes

YIELD: enough for 6 to 8 persons

Ingredients

1/4 cup (60 ml) ghee or oil
1 tablespoon (20 ml) graded fresh ginger
1 hot green chilies, seeded and minced
1 teaspoon (5 ml) cumin seeds
1/2 teaspoon (2 ml) black mustard seeds
10 dried or fresh curry leaves
1/4 teaspoon (1 ml) yellow asafoetida powder
1 large eggplant washed and cut into 1/2-inch (1.25 cm) cubes
4 medium tomatoes cut into 1/2 inch (1.25 cm) cubes
1 teaspoon (5 ml) turmeric
1 1/2 teaspoons (7 ml) salt
1 1/2 teaspoons (7 ml) brown sugar
1 teaspoon (5 ml) fresh lemon juice

1. Heat the ghee or oil in a heavy 4 liter/quart saucepan or large wok over moderate heat. When the ghee is hot, add ginger, chilies, cumin seeds, and mustard seeds. When the mustard seeds crackle, add the curry leaves, asofoetida powder, and eggplant cubes. Stir-fry the eggplant for 8 to 10 minutes or until the eggplant is a little softened.

2. Stir in the tomatoes, turmeric, and salt. Partially cover and reduce the heat moderately low. Cook until the eggplant is soft , stirring when required. If you would like the dish to be moist and textured, add the sugar and lemon juice now. Otherwise, cook until the vegetables become puree-like, then add sugar and lemon juice. Remove from the heat and serve hot.

The International Society for Cow Protection

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

Our Goals:

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

ISCOWP was incorporated in March, 1990 as a non profit organization. William and Irene Dove (Balabhadra das & Chayadevi dasi) are its managing directors. They are disciples of His Divine Grace A.C. Bhaktivedanta Swami Prabhupada, the Founder Acharya of the International Society for Krsna Consciousness. It is through their spiritual master's teachings they have imbibed the practices and benefits, both spiritual and material, of lifetime cow protection.

The tenets of cow protection and ox power are universal and nonsectarian, available to all regardless of race, creed, or nationality. All donations are tax deductible. ISCOWP's tax# is 23-2604082. For more information: ISCOWP, RD 1, NBU #28, Moundsville, WV, 26041, USA, TEL: 304-843-1270, FAX: (call first) 304-845-5742, e-mail: iscowp@ovnet.com, iscowp@com.bbt.se

THE ISCOWP NEWS

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