The first day of spring! March 20 was the first day of spring and the day we began preparing the fields for planting at our Seed to Sustenance land project at Sandy Ridge, North Carolina. The pictures on this page were taken the same day.

Vraja and Gita, three years old in February, were eager to become productive and enthusiastically pulled the disk to prepare about 1/2 an acre. Because most of the preliminary preparation work was done last year, preparing the field for planting is now happening more quickly. However, our goal is to open more acreage with the oxen this summer.

On the auspicious Vedic holiday of Gour Purnima (the birthday of Lord Chaitanya) we planted grains with Vraja and Gita. With this special day inaugurating the first planting of the year we are optimistic for a productive summer. A summer that will show the importance of that day three years ago when we saved Vraja and Gita from the slaughterhouse.

To record these events and to explain the how and why of ox-power we are now regularly taking videos of all activities. One video is already available of our seminars at Gita Nagari Farm. The goal is to educate by spreading this information through the video medium.

This issue is mostly concerned with presenting you an overview of last year's activities and to commemorate Vraja's and Gita's birthday. It is also an occasion to recognize your generous participation, to thank you wholeheartedly and to welcome you to the even more productive year of 1994.
LETTERS

Love For Mother Cow

A person gave me your spring-summer 1993 newsletter yesterday. I've xeroxed it and I am mailing it to others like myself who think the world of their cow. This could be for you a long cow story—full of love, care, rough times, and...

Daisy came to me in 1989. We bonded strongly. Milking her was like meditation—up, milk, watch sunrise, go to work and then home again to care for her. She had a lovely Jersey red little girl. She was joy and happiness—so gentle, she did well at a town's milking contest to teach the children the source of milk. Everyone loved her. Three years with such a great lady...she's buried at home.

Her surviving daughter was lost. I was lost. How could anyone ever be so attached to a cow.

Yet bills were over $2500 and grew. Miss Moo, her daughter, very good at being big sister to second calf from Daisy—all three—my family. I quit work to be with cow on delivery, then started again for L am supporting 6—mother, sis and 2 kids, etc. Miss Moo finally got pregnant with help from Susan Jones, an Apex Vet technician. Miss Moo loved her calf so much.

Finally, with times and troubles betting one after another, I gave Susan the calf whom we called Mrs. Moo—now she was pregnant. I wrote the following poem to Susan.

For the sake of my cow and all thereof,
Her manner and beauty inspire our love,
A home she has found amongst her kind
Please accept Mrs. Moo, as heartfelt thine.

Susan, my friend via cows, I thought would be happy. Later, I called to make sure she liked her for all loved both of them. Susan was very glad to have Mrs. Moo but it made her sad for me. She knew some of the struggles I've overcome, and worried how I was—having to give up my cow. It was the only thing I could do for her. She had found wonderful people to care for her, cow friends, and she was so contented to be there. Money was very tight, but I could not sell her on market. Susan and I did what was right—to save a wonderful cow. Still it hurt, not to be able to have her, to care for her, to look at her. Her pictures I started to put away—a painful reminder of what I loved and the life that surrounded it.

It was done. The home ship may be sinking but my cow was safe. I had needed the money for taxes on the farm, etc. I found another way—hocked, sold, used credit cards, etc. Work had cancelled and over $10,000 lost from this in a few months But I was able to cover things. No, it got worse...

A wreak on the way to work—ice. An instant before the impact of the pole and car, I looked at death and said, as I pushed back in my seat, "Come on." There was peace at that moment. When, after darkness, I was awake I thought, "Oh fooy, I'm not dead...got to get to work." So I did. The job done, the car towed, then home.

I knew I was in trouble if peace could only come at the point of death. We just get up, go, do our best. The next few days passed...a fight to keep moving. Then, your newsletter came my way. The first real good news—a joy.

It was wonderful to know I was not crazy, that others did love cows as I did. To know others cared as I was a comfort to me.

Margaret Smith
Raleigh, N.C.

P.S. Please contact Gigi Gigg at Research Triangle Park in N.C. They are working on a drug that will revolutionize mastitis treatment in cows. It will be able to penetrate through and cure and therefore prevent this disease that causes slaughter of so many cows. It is due out in 1996.

Vegetarianism

During Global Vision 2000 at Washington D.C., I had met somebody from ISCOPW. (I had my own stall of books from Vedanta Society of St. Louis).

Please enroll me as a member for 1994—a check is enclosed.

The experience of Global Vision 2000 was very inspiring—inspite of the initial organizational confusion.

I think we will both agree the present day violence in the society can be traced in some way to the meat-eating habits of the present day society.

I am endorsing a quote from "Living at the Source"—yoga teachings of Vivekananda edited by Ann Myrre and Dorothy Madison (Shambala Publication). I think it explains this point.

"The evils that are in the world are caused by none else but ourselves. We have caused all this evil: and just as we constantly see misery resulting from evil actions, so we can also see that much of the existing misery in the world is the effect of the past wickedness of man, Man alone, therefore, according to this is responsible. God is not to blame.

Arvind K. Khetia
Overland Park, KS

I am meeting more and more people out here in the "mainstream" who do not eat meat. It takes pioneers such as yourselves to set the standards for the rest of us. I believe that the cessation of the eating of meat will not be immediate, but it will be, perhaps slowly, but nevertheless, surely, it will be.

I am in boot camp for the Navy and even here I have found fellow Buddhists and others who are vegetarians. It is quite amazing. I wanted you to know. Keep up with your work because even though you don't think at times that you are making a major difference, you are, actually an impetus for the rest of us.

Helen WelI
Marietta, Georgia

EarthCare

Recently, I have been very active in setting up and promoting an environmental organization—Earth Care, Inc. During the course of this year, we have done a number of successful fund-raising programs in the national parks; primarily through the sale and distribution of environmentally orientated materials, particularly T-Shirts.
I feel the whole environment field is a major preaching opportunity for us, and I want to develop a wide range of educational materials and literature to assist in this area. One of our first projects will be to publish a newsletter, which will probably be printed two or three times a year. It will specifically address environmental issues, coming from the viewpoint of a change in consciousness. Please find enclosed, some of the literature (although very rough and preliminary), which we have produced.

We want to address in our literature the urgent need to replace our materialistic way of life with a higher consciousness and awareness for a simpler, more agrarian lifestyle. This being our solution to the environmental crises, in particular we want to address dietary choices, and obviously promote vegetarianism as the very first step one can take as an environmentalist.

I want to include in the newsletter and in our promotional materials, the ideas you and ISCOWP have for helping the environment. Would you consider writing a non-sectarian column for our newsletter? I was thinking of including, in this first issue, a copy of your article, "The Petrol-Powered Tractor, An Implement of Destruction" which I think would be very appropriate.

I hope things are going well for you in North Carolina, and I hope I will be able to visit you there sometime soon. Keep up the great work, and please let me know as soon as possible if you can help us in this way. Of course your comments or any materials will also be very helpful.

Advaita Chandra Badger, CA

Dear Reader,
Please refer to page 5 to read the article mentioned.

Cow Protection in India

Your letter to Sri Vishnu Dalmia has been forwarded to me. The ground level work being done by ISCOWP under difficult conditions of US are admirable. We have every hope that your efforts would show a way out of present mess.

You are no doubt aware, about the misconception in USA and some other countries as to how livestock particularly cattle is threatening our planet. I have just received a small pamphlet from Earth Save which makes mention of Sanskrit & Vedic words, "for war is desire for more control, (6) preparation of Ayurvedic medicines, (7) fuel, biogas.

Unfortunately western scientists know little about these and other uses, hence they consider DUNG an environmental problem. On role of cow dung the following report by Dr. Jurgen Lensch of Germany should be of interest for many.

Brahman bulls—an example of Bharatiya breeding

The national Council of Applied Economic Research has calculated that cattle dung in India has fuel value equivalent to 35 million tons of coal or 68 million tons of wood. Besides it was estimated, that well over one third of its weight in wet condition is used as domestic fuel.

Approximately 340 million tons of dung are returned to the land as manure; 300 million tons are burned as domestic fuel. Besides, 160 million tons are lost on roads and roadsides and are recycled into the ecological system.

The traditional mode of cultivation, which can be found in most of the Indian sub-continent, is dependent on the rainfall and needs this manure badly. Since fertilizers can rarely be made available, even the dry, barren and feeble cows fulfill the most important function; the production of manure. India cannot boast of oil and coal reserves of any significant magnitude and has already deforested large ar-
Thus the dung remains for the time being the chief fuel in the Indian households.

Women consider the dung first class fuel, because it suits the rhythm of the household work. Most of the Indian dishes are prepared using butter oil (ghee). Since the fire produced from dung is clean, long sustaining and has a small flame, the food does not get burnt. Therefore, an Indian housewife can begin to cook relatively early, so that she can devote herself to other work in the house or field, even for hours on end, and does not have to remain tied to the kitchen.

Moreover, the cattle dung, when mixed with water into a paste, fulfills the function of a floor plaster, which on drying forms a smooth surface which is easy to keep clean."

Moreover, Bharatiya breeds have been developed by close observation for their disease resistant qualities, survival on maintenance feed and quick recovery at time of work/milk.

Many countries have imported Bharatiya bulls to improve their breed for such qualities, but regrettably, under influence of FAO and other international agencies, we are cross-breeding our good time tested breeds and loosing their qualities.

According to Inst. of Economic Growth of India:

A tractor is able to replace only 3-4 animals.

We would then need more than 2 core tractor and
Extra petroleum products worth $20 billion (Rs. 6 kharab)

Smt. Indira Gandhi in 1981 during International Conference on Energy in Nairobi had said, "In this jet age, people refer to bullock carts as symbols of the past. However, in India, animals provide more power than all our power houses, whose installed capacity is 22,000MW. Replacing them would entail a further investment of 25-40 billion dollars in electricity alone, over and above the loss of the farm economy of manure and cheap fuel."

It is for economic and social benefits that a large section of people have been agitating for total BAN on slaughter of bullocks and cows. It may also surprise many to learn that on January 11, 1994 a peaceful SATYAGRAPh which has been going on in Bombay has completed 12 years, which was started by Achyut Deshpande, under directions of highly respected Sant Vinoba Bhave, who was close associate of Mahatma Gandhi.

I am glad to find my letter in ISCPWP news letter and probably this one would also be of use to your news letter readers.

With my respects and co-operative efforts in service to Lord Krishna.

Laxmi Narain Modi
Managing Trustee
Bharatiya Cattle Resource Development Foundation
305 Bakshi House, 40-41 Nehru Place
New Delhi, 110 019, India
Tel: 643-5566, 644 5455
Fax: 646 4000

New Members

I am writing to renew my membership to the International Society for Cow Protection. I appreciate your vision of the cows righteous relation to humans and nature. Its always a special day when I find your newsletter in my mailbox, and I am glad to be able to help your efforts with my membership.

Brian Striffler
Ft. Collins, CO.

I am pleased to know about your project. I am sending you a donation of $15 towards your project and annual membership for 1994. If you have any literature about usefulness of a cow, please send me so that I can share the information with my friends.

Good luck for your mission to protect cows from being slaughtered in U.S. A. I feel extreme pain when I see cows grazing and then the thought that they will be slaughtered.

Shobhana V. Vora
Mission Viejo, CA

Zebu-Brahman Cow Program

Thank you again for your newsletter. This letter is to notify you of some additions to the Zebu-Brahman Cow Program. One is the Zebu-Brahman Address Directory. This di-
rectory is a photo copy of zebu-brahman breeders in the U.S. and also many other countries around the world. So, if you meet anyone who desires to know a specific location of zebu-brahman breeder just give them your address or phone number and I can look up the breeders' addresses for their specific area. Also I can send the directory to whoever wishes it for the cost of $1.00.

Another new printing is the Zebu Brahman Cow pamphlet which gives a total picture of Zebu cows. The types Newati, Tharparkar etc. are described, as they are in India. Also, in this printout, I have included the present status of Zebu-Brahman cows in North, Central, and South America.

Also, there is a need for the awareness to preserve Guzerat cows in America. In the U.S. there are only seven breeders in Texas of relatively pure Guzerat cows; and out of these seven, probably only four are pure Guzerat.

In western India, there are goshallas, some dairies, etc., where Gir and Guzerat cows are being developed and tested. One of them is called "Sri Buvneshwari Pitth Gondal (Gujarat). Guzerat cows and oxen have been used for thousands of years. These oxen are valuable draft animals, and the cows are moderate milkers. They are the larger of the Zebu cows of India, and many consider them to be the best cows in India. Guzerat cows have been maintained for many generations in India by breeders of semi-nomadic herds in western India. The numbers of pure Guzerat cows in Central and South America is limited, with only a very few in southern U.S. There are some pure Guzerat herds in Mexico and Brazil. The American Red or Grey Brahman cows are about 40% Guzerat blood.

Jaya Sri Das
Zebu-Brahman Cow Program
Rt. 1 Box 146-A
Mulberry, TN 37359
Ph. #615-759-6888

SPRING 1994 THE ISCPWP NEWS
THE PETROL-POWERED TRACTOR
An Implement of Destruction

Many of you heard this description when you first met us. We have repeated it to thousands of people, especially at events where we have brought the oxen. Some of you may have read it in the May/June 93 BTG magazine issue. For every one, especially those who have never read or heard this description, we are printing it in this issue because it so very nicely explains our position for ox power.

In our travels we meet a lot of ecologically conscious people who seem to take tractor-powered farming for granted. So the first question we ask these folk is, How many mining operations do you need to make a tractor? You need mines for iron, coal, limestone, manganese, nickel, copper, bauxite, tin, zinc, just to name a few. For these minerals you have to rape Mother Earth and create hellish conditions for thousands of workers. And that’s just step one.

Next come the smelting plants, where the ores are broken loose and cooked down. Now we’re talking big industry—huge factories, more hellish work. And we’re getting into large scale pollution.

From the smelting plants we go to the factory where the tractor is put together. Still more hellish working conditions, still more pollution.

Now the tractor is finally assembled and sitting in the parking lot—without tires. Where do we get the materials for the tires? People used to go to tropical countries and pay workers a few cents to cut rubber trees and bleed them for latex. These days we have steel-belted radials, made from synthetics derived from petroleum. Speaking of petroleum, now that we have our tractor sitting on its tires in the parking lot, what does it run on? You can’t put grass and oats in that tank. You need petroleum, which you might have to fight for. To prove its yours, you may have to send troops to the Middle East to kill men, women, and children. You might have to sacrifice your son or even your daughter. And if you win, when the man with the Exxon Valdez comes to ship your oil across the ocean he may spill half of it into the sea.

The oil that’s left goes to the refinery. If you’ve ever driven through a refinery town, you know the air smells like a skunk, and the water is so bad that even a skunk would think twice before drinking it.

But now our farmer has his tractor, his steel-belted radials, and his petrol. He fires up the engine and thinks, “With this tractor I can do the work of fifty oxen.” He looks at his oxen and says, “I don’t need you any more. I’ve got my tractor. I’ve got my petroleum. You can go to the slaughterhouse.” When you start killing bulls, you’re destined to receive very negative karmic reactions.

Some of the karmic reaction begins right away. For a start, now you’ve got hapless people working in slaughterhouse, in jobs the U.S. government calls more dangerous and demoralizing than those in factories and mines.

But Mr. Agribusiness doesn’t think about that. He thinks, “I don’t have to feed those oxen anymore. That profit goes into my pocket.” At the cost of their lives.

Then he looks at his teamsters, who used to work those oxen-people who worked in the mode of goodness in the fields, growing grains and vegetables. He says, “I’ve already killed my oxen. I’ve got my tractor—I’ve got no work for you. You’re unemployed. Why don’t you go work in the factory and make more machines? Or go on welfare.”

Then he takes the tractor out of plow his field. Its heavy tires compact the earth, so the roots of its hybrid plants have trouble growing. He no longer has manure to nourish the soil, so he pours on commercial fertilizer, made with huge inputs of natural gas. Because the crops eventually deplete the organic substances in the soil that hold the moisture, his soil easily washes away into the stream. The weak soil that’s left grows weak plants—easy prey for weeds, bugs, and disease. So the farmer brings out his arsenal of pesticides and herbicides. These also wash downstream.

So, what’s the alternative? When a cow gives birth, about half the time the calf is a bull. These bulls are God’s tractors, produced in the “factory” of the mother’s womb. This factory doesn’t pollute or create hellish working conditions. And it operates by the laws of nature, which God has arranged.

With this tractor there is no pollution because it can grow its own fuel—oats and grasses and even the wastes are useful. Cow manure can be processed to yield methane, a clean-burning fuel. The residue can go into the ground as a first class fertilizer and soil-builder. No need for by-products from the slaughterhouse to build organic content.

With this tractor there is no violence. The relationship between the farmer and the oxen is based on love and trust. The farmer works side by side with the oxen and when the oxen see the farmer, they expect to be patted and stroked under the neck. In return they like to work, and they work well with an experienced farmer. It’s the most satisfying kind of labor anyone could ask for.
ISCOWP: AN ETHICAL INVESTMENT

INCOME

Members
87%
$28,637.95

Corporations
3.20% $1,050

William Dove
9.80% $3,200

General and Administration
$6,781.84 20.97%

Fund Raising
6.57% $2,118.04

EXPENSE

17.56%
Membership Development and Services
$5,678.60

Outreach Programs
$17,746.64 54.90%

INCOME = $32,887.95
EXPENSE = $32,325.12
BALANCE = $562.83
Evaluation of Fiscal Year 93

EXPENSES

Outreach Programs

<table>
<thead>
<tr>
<th>EXPENSE</th>
<th>AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Farming Equipment</td>
<td>$4228.12</td>
</tr>
<tr>
<td>Travel</td>
<td>$3681.42</td>
</tr>
<tr>
<td>Vehicle Maintenance</td>
<td>$3107.31</td>
</tr>
<tr>
<td>Phone</td>
<td>$2547.78</td>
</tr>
<tr>
<td>Oxen</td>
<td>$2515.17</td>
</tr>
<tr>
<td>Video Camera</td>
<td>$1666.84</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$17746.64</strong></td>
</tr>
</tbody>
</table>

**Outreach Programs Included for 93:**
- Belarus Farm Project (former Soviet Union)
- Gita Nagari Farm (Pennsylvania USA)
- International Networking
- New Vrindavan, Cow Protection Program, (W-Virginia USA)
- Seed to Sustenance Land Project (Sandy Ridge NC USA)

**Summary:**

The fiscal year of 93 began the role of ISOWP as agricultural advisor to farm projects where there is a desire to base agriculture on cow protection. Not only has ISOWP served in the capacity of advisor but also as hands-on help in achieving the goals of each project. Seminars held at such projects have included hands-on as well as philosophical explanations of the how and why of cow protection. Within a group setting as well as a one-to-one setting. A 2-hour video has been produced from seminars given at Gita Nagari Farm on just this topic and is now available by writing to ISOWP.

The beginning of advisor to the Belarus Farm Project was initiated in mid-93 and is continuing with a July 94 trip by ISOWP to the former Soviet Union. The purpose of this trip is to establish some hands-on activity in the direction of community development based on cow protection, specifically on power. More can be read on this subject in the inserted letter.

Advise, literature, resources, instruction, discussions have been distributed to foreign countries such as Poland, Belarus, Hungary, Sweden, Germany, Latvia, Belgium, India, etc., as well as many locations within the U.S.A.. This has been through postal service as well as computer bulletin boards Link and Com. The potential of telecommunication in developing a cow protection network has just begun to be explored, with an established international conference on the mentioned two bulletin boards. Present there are 67 members participating with this conference and the number is increasing.

**General & Administration**

<table>
<thead>
<tr>
<th>EXPENSE</th>
<th>AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office</td>
<td>$3246.59</td>
</tr>
<tr>
<td>Administration Fee</td>
<td>$1816.72</td>
</tr>
</tbody>
</table>

**Vehicle** $1530.46
**Phone** $188.07
**Total** $6781.84

An analysis of the income follows the expense evaluation. But it can be stated here that due to increased support from ISOWP members, Balabhadra d. (William Dove) has been able to spend more time initiating and directing ISOWP activities instead of working an outside job to support ISOWP. Therefore there is an increase in the cost of administration.

**Member Development and Service**

<table>
<thead>
<tr>
<th>EXPENSE</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Literature</td>
<td>$4088.62</td>
</tr>
<tr>
<td>Postage</td>
<td>$1589.98</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$5678.60</strong></td>
</tr>
</tbody>
</table>

This category of expense is somewhat overlapping with the Outreach Programs. The Outreach Programs are projects which are made up of members who desire our service. We are placing the newsletters, both the quarterly ISOWP NEWS and the biannual Junior NEWS, pamphlets and leaflets, for this category because this literature reaches all members. We are also including the cost of literature that goes out to individuals who are not members of an Outreach Program.

**Fund Raising**

<table>
<thead>
<tr>
<th>EXPENSE</th>
<th>AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advertising, T-Shirts, Jewelry</td>
<td>$1676.40</td>
</tr>
<tr>
<td>Literature</td>
<td>$460.00</td>
</tr>
<tr>
<td>Postage</td>
<td>$243.64</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$2118.04</strong></td>
</tr>
</tbody>
</table>

A small profit was made from cow items and there is remaining a substantial inventory of T-shirts. Three fund raisers were mailed out during this year.

**Income**

<table>
<thead>
<tr>
<th>EXPENSE</th>
<th>AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Members</td>
<td>$28637.95</td>
</tr>
<tr>
<td>Balabhadra d. (William Dove)</td>
<td>$3200.00</td>
</tr>
<tr>
<td>Corporations</td>
<td>$1050.00</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$32887.95</strong></td>
</tr>
</tbody>
</table>

This fiscal year of 93 showed a $4023 increase in income. At the same time Balabhadra d. gave about $2000 less which means he was spending more time directing and initiating ISOWP activities and not working an outside job supporting ISOWP. Our goal for 93 was to enable Balabhadra d. to be more active in ISOWP activities and because of the increased support from all you members this was possible. We think you will agree that here is a visible increase in ISOWP's scope of activities and yet we are only beginning to scratch the surface of what must and need be done.
Thank You For Contributing During the Fiscal Year 1993
(3/93-2/94)

**Benefactors ($10000-$5000)**
Taraka d & Shyama Gopa Rupa dd (The Tab Mattler Family) .......... $7360.00

**Patrons ($4099-$2500)**
Balabhadrada d (The Dove Family) .......... $3200.00

**Sponsors ($2499-$1000)**
Vananamari Pandit d (The Mody Family) .... $1500.00
Dennis and Caroline Constantine .......... $1212.00
Dan Duer .................................... $1142.00
Mahasrnga d & Radha Kanta dd (The Crawford Family) ........... $1051.00
ISKCON of Port Royal .......................... $1050.00
Bhakta Paul Swinford ......................... $1013.00
Veda Guhaya d & Janaki dd ...................... $1000.00

**Associates ($999-$500)**
Krishna d & Lakshmi dd (The Gifford Family) ... $625.00
Uttama dd ..................................... $616.00
Giriraj d (The Ramos Family) .................. $584.50

**Guarantors ($499-$200)**
Uddhava d & Arki dd (The Edwards Family) ........ $474.68
Vrajabhadhudu dd (Marie Pritekel) .......... $472.00
Thakur Haridas & Kalindi dd (The Chawag Family) ........... $380.00
Jagadisvara d & Rupa Manjari dd (The Vutetakis Family) ....... $375.00
Isabelle Haas ................................... $370.00
Anuttama d & Rama Tulsi dd (The Morrison Family) ............ $350.00
Saraswati dd (Betty Woodhouse) ............. $330.00
Doug Carlton .................................. $280.00
Karnamrita d & Arcana Siddhi dd (The Cox Family) ........... $260.00
Puroottama d & Revati dd (The McNay Family) ........... $240.00
Advaita Chandra d & Radha Sundari dd (The Taylor Family) ..... $250.00
Ekanath d & Asta Sakhi dd (The Geesbeek Family) ........... $240.00
Pusti dd (Connie Humphrey) .................. $230.00
Udayananda d & Aditi dd (The Cieslak Family) ........ $216.00
Gour Govinda d. & Sita dd (The Davidson Family) ........ $200.00
Shasta d (Scott From) ........................ $200.00

**Supporters ($199-$99)**
ISKCON Hartford ................................ $193.00

Amala Bhakta .................................. $180.00
H.H. Hridayananda d Goswami .................... $190.00
John & Debra Havlik ........................... $159.00
Adwaita Acharya d & Saradabihari dd (The Singh Family) ......... $151.00
Nresingha Chaitanya d (Douglas Gregg) .......... $151.00
Adikarta d & Rucira dd ........................ $150.00
Hansa Cchagan .................................. $150.00
Parampara d (Ken Perry) ........................ $140.00
Jaya Govinda d & Rati dd (The Tittman Family) .......... $132.00
Jagdishvara d & Dirgha dd (The Newsom Family) ........ $131.00
Amrita dd & Rasamanjari dd (Anne Kellogg & Marilyn Stein) ... $120.00
Balai dd (Blanche Marsden) ..................... $120.00
Radhapati d (Russell Noles) .................... $108.00
Henry Schoelkopf ............................... $108.00
R.K. Dingga .................................... $101.00
Dulal Chandra d & Vijaya dd (The Fawley Family) ........ $101.00
Mathuresa d & Gangagati dd (The Day Family) ........ $100.00
Lorraine Dove .................................. $100.00
Kardama Muni d & Harinama dd (The Mink Family) ........ $100.00
Armarinda d (The Liberman Family) ............ $100.00
Samika Rsi d & Anartha dd (The Mahajan Family) ........ $100.00
Neva Rego ..................................... $100.00

**Contributors ($99-$50)**
David & Nirmala dd (Dr Eldrige Family) $90.00
Mary Bogust .................................. $86.00
Jitarati d ..................................... $85.00
Albert Winkelman ............................... $85.00
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HOW TO MAKE AN OX-BOW
Reprinted with permission from the author Paramananda das (Ben Jenkins)

An ox bow is made out of wood that can bend without cracking. I always use hickory. A freshly cut tree will be the best for bending.

You soften the wood by steaming it. Freshly cut wood doesn't have to be steamed more than twelve hours. If you are working with dry wood, I don't know exactly how long you would have to steam it in order to bend it, but it would take a lot longer. Even then, the chances of the wood splitting when you bend it would be much greater. So try to find a live tree which is perfectly straight for a six-foot section and about six inches in diameter.

It is very important that the section does not have knots or even bird pecks. Sometimes when a tree is young, birds peck at it and a blemish remains which grows over and makes a bump like a little knot. It causes a definite imperfection in the grain of the wood. If you try to bend a piece of wood where there is a bird peck, the wood is likely to split.

You are going to split this log lengthwise into six or eight pieces depending on the exact size of the log. There may be a bird peck or knot on one side of the log, but on the opposite side you might get a good section. Knots are all different. Sometimes they go deep into the wood or sometimes they are just superficial. The more you work with trees, the better you can judge by looking at them how deep the bird pecks or the knots go. After you split your log into sections, you will be able to see where the knots are and how deep they go.

I use small wedges to split the log. First, split it in half. Then split it into six by splitting the halves into three sections each. You need at least three wedges to do this properly. Your ox bow, when it is finished, will be one and a half inches in diameter at the widest point. So, to start with, the outside edge of the section should be at least 2 1/2 inches or 3 inches wide.

The stick initially gets hewn with a broad hatchet until it is almost to its right dimensions. This hatchet is a small version of the broad axe which I described in the yoke-making article. A broad hatchet has one flat side which makes it ideal for hewing.

The outside edge of the stick with the bark on it should be untouched. We want to leave the bark on to help keep the bow from splitting where it bends. The bark will always stay on if you handle the piece of wood properly. As you can see in the drawing of the bow, the outside edge of the bow has the bark on it and all the carving is done on the sides and the inside.

We have two inch holes in our yoke so we make the bows about 1 1/2 inches at the top. We found that most of the stress on the bows is right below the yoke. When a bow breaks, it is always at that spot. After the bow passes through the yoke, its depth is tapered down to about one inch but the width remains the same. There is little stress on the lower portion of the bow.

Hew the stick until it is just a little bit oversized. (Note drawings below). Don't go too close to your lines because the hatchet is a little crude and you might dig it in too far by accident and ruin the bow. Use an outside caliper often to verify that you aren't taking off too much or too little.

To be continued in the next issue
**LAKSHMI'S KITCHEN**

This is a family favorite of ours for the warm months ahead. It is an inexpensive dish that fills the stomach but is cooling to the taste. Great for a packed lunch or picnic occasion and it makes 8 to 10 servings.

**Old Fashioned Vegetarian Potato Salad**

**MAIN DISH**

3 lbs unpared well scrubbed medium potatoes
(about 10 potatoes the same size as much as possible because they will cook evenly)
1 1/2 teaspoon salt
1 cup coarsely chopped celery
1/2 cup radish

**MARINADE**

1 1/2 teaspoon salt
1 teaspoon dry mustard powder
1/8 teaspoon pepper
dash cayenne
1/4 cup lemon juice
1/2 cup vegetable oil
1/2 teaspoon asafetida* (also known as hing)

**DRESSING**

1/4 teaspoon tumeric*
1/4 teaspoon asafetida*
16 ounces yogurt
15 shakes of paprika
1/2 teaspoon powdered cumin
1/2 teaspoon salt
2 tablespoons sugar
2 tablespoons melted butter
1/4 teaspoon pepper

1. In a 5 quart Dutch oven (if you don't have one just use a big pot) pour just enough boiling water over unpeeled potatoes to cover. Add 1 1/2 teaspoon salt. Bring to boiling. Reduce heat, simmer covered until potatoes are fork tender, not mushy-30 to 35 minutes. Drain and let them cool 20 minutes.

2. Meanwhile, make marinade. In a 1 cup measure combine marinade ingredients. Peel warm potatoes. Then slice 1/4 inch thick into a large bowl. Pour marinade over still warm potatoes.

3. Toss gently to coat well. Refrigerate covered for 2 hours tossing potatoes several times. Potatoes will absorb marinade. Meanwhile in a medium size bowl make the dressing. Just add them all to the yogurt. Mix well.

4. Add to potato salad the dressing, celery and radishes. Toss gently, refrigerate covered until served.

* purchased at Indian or Oriental grocery stores

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**Special Thanks**

In the last issue of the ISCOP NEWS (Winter 93) we printed a wish list. We would like to thank the following members who responded with donations to purchase the needed items.

- Vanamali Pandit d. (Dr V. Mody & Family).................. $1500.00 All wish items
- Dhen Duer.......................... $ 501.00
- Krishna d & Lakshmi dd (The Gifford Family).................. $ 350.00
- Thakur Haridas d & Kalindi dd (The Chowag Family)........... $ 116.00
- Hansa Chhagan.......................... $ 50.00
- Mayesvara d & Urvasi dd (The Roberts Family).................. $ 50.00
- Muniyappa Vekatesha.................. $ 30.00
- Dr BG Gokhale.................. $ 25.00

With these donations we were able to purchase all the items on the wish list: camera flash, hay loader, printer font update, video camera. We are very indebted to these members and we thank them all. If we have made some mistake and your name is not here please forgive us. We included all names on the donors list found on pages 8-9. And if for some reason your name is not there double apologies. Please phone or write us and we will make special mention of your contribution in the next issue.

Also we would like to thank the following members who became pledgers in response to the last newsletter.

- Mahasrnga d & Radha Kanta dd (The Crawford Family).......................... $108.00
- Stacy Charlton.......................... $ 30.00
- Vanamali Pandit d (Dr V Mody & Family).................. $ 30.00
- Dr David & Nirmala dd (The Eldridge Family).................. $ 15.00
- Giriraj d (The Ramos Family).................. $ 15.00

Another special thanks is due to Bhakta Paul Swinford whom Balabhadra d. met last summer during one of his seminars at Gita Nagari Farm. Discussions about the potential value of ox power in the former Soviet Union led to a pledge from Bhakta Paul to cover Balabhadra's plane fare to Belarus. Bhakta Paul has donated $1000 to make this trip possible for July 1994 (see send letter).

If you refer to page 6 of this newsletter you will see that 87% of ISCOPW's income comes from you, the members of ISCOPW. It is therefore obvious that without you ISCOPW would be unable to function. That's why it is very important you keep us in touch with your opinions, ideas, suggestions and criticisms. Remember you are ISCOPW and we want to please you the best we can.
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 (Balabhadrady 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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