THE ISCOWP NEWS

The Quarterly Newsletter of THE INTERNATIONAL SOCIETY FOR COW PROTECTION Winter 1994

The Roof is Up!

As you can see by the top picture on this page, the basic construction and roof of the barn are completed. With your help and the strenuous work of the construction crew (consisting of Balabhadra das, son Baladeva das and Mahasrnga das) this most important structure is now a part of the Seed to Sustenance land project at Sandy Ridge, North Carolina.

In this issue you will learn how the barn roof was completed, and how we can convert the barn space into the hub of ISCOWP's activity. You will also learn of straw-bale construction (a technique we hope to implement this summer), installing ISCOWP in France, self-sufficiency in Perm, Russia, available new ISCOWP videos and more.

In the last ISCOWP issue you read about ISCOWP's trip to Belarus. Bhakta Sergei who attended the seminars there is one of the major players in the development of a new farm in Perm, Russia. The Perm farm is developing following the instructions contained in the lectures and literature given at the Belarus seminars. The Perm farm devotees are eager for ISCOWP to visit this summer. You may read about this on page 2 and 3.

The second picture on this page shows Devahuti dasi and her bull calf "Pup." She and other teenagers at New Talavan farm in Mississippi are developing a loving relationship with their calves while training them to become productive working oxen. Our new training video has been of help to them along with literature we have sent them. Read about these teenagers on page 8.

With your help ISCOWP is more and more able to assist the development of world-wide cow protection.

Teenage Teamsters, Straw-bale Construction, Barn Update, etc.

LETTERS

Telling It As It Is

I received your letter and films and when I have time wish to read them again. It's so gratifying to know that it can be done. If only more people would go back to the farms - as it was years ago. I hate the agri-business - soil killing with pesticides.

This letter of mine was printed in the Reader - a free paper that's out once a week. I was sure glad they printed it cause it may not even occur to a lot of people how their habits of eating are really not acceptable if they wish to be considered human beings.

My answer to your article "Straight From the Hip" (Reader Newspaper, September 22) is this:

In this uncivilized, degraded society cats are blamed for killing 100 percent of birds? Cats and other species are forced by material nature to act in a certain way. A rooster won't meow and a cat won't crow.

But man, instead of taking to the spiritual path (not meant for animals), is acting no better than the animals. A two-legged animal is he, according to his actions.

Kill, kill, kill is what he does. He has killed as much as there are ocean waves. Can you count the ocean waves Mr. Alice? No. And what man has killed is also as countless as the waves in the ocean. He kills creatures that fly, those that swim, crawl, walk, anything that moves. Even from planes he shoots them down. What chance do the poor beasts have? The law of nature is this: one animal is food for another. So that makes man an animal., doesn't it? He is doing killing on a grand scale. He ignores the fact that when he buys meat at the supermarket he is equally guilty of slaughtering the cow, who is providing us liquid religiosity according to Vedic culture, brain food according to Bhagavad Gita, so that we may understand spiritual matters. Not any water-downed Bhagavad-Gita but Bhagavad Gita *As It Is* tells us he who buys , sells and cooks meat is equally guilty of slaughtering our mother cow, whose milk we drink after our own mother no longer gives us her milk.

If a cow could talk, she would say, "You are provided, by the grace of the Lord, vegetables, grains, fruits, nuts. Plenty to eat - why eat me?

Man kills the bulls instead of having them work the fields - but no - machinery weighing tons are pounding and burdening the soil.

It's not because of what the cat kills but all the killing that man does that we have wars. That's called collective karma. And we singly suffer diseases and all sorts of miseries due to killing other creatures. This, is the law of karma. No one can escape it.

Vrajabhadhu d. d.
San Diego, CA.

This refers to the report by Zafar Jung (STOL, November 13). There are several startling facts that the general public is unaware of. We take the liberty of repeating them for information:

* With the advent of Islam in Arabia, more than 1,400 years ago, there was no slaughter of cows by the followers of Islam, as neither was beef eaten, nor was that region the habitat of the cow.

* With the advent of the Mughal rule in India, Babur banned cow slaughter and , in his last testament to his son, Humayun, proclaimed himself against this practice.

* The establishment of the East India Company saw an appreciable rise in cow slaughter since the British were not fond of lean meat.

* The Muslim League, in a resolution passed in 1920, recommended discontinuing this practice, as it offended Hindu sentiment.

In any arguememt on cow slaughter, the animal is given a sacred color merely because of religious sentiments, ignoring the fact that it is the backbone of sustainable agriculture, eco-friendly, provides mechanical energy, its dung and urine are used for pest control; and in medicines. Its milk is next only to Mother's milk.

When Britishers introduced cow slaughter, it was with an ulterior motive - to destroy our rural economy and the Vedic heritage.

Laxmi Narain Modi
Bharitya Cattle Resource Development,
New Delhi, India
(article appearing in the January 16, 1994 issue of *The Sunday Times of India,* largest circulation in India).

I have been writing comments to the galley. I know that to a hard-core vegetarian my efforts may seem trifling, but I believe that if everyone can do what they can, we might change the course of history. I wrote to them asking for more vegetable plate dinners, for them to stop seasoning all the vegetables with meat and thanking them for their wonderful salad bar. I mentioned that their servers should not be critical of people who don't eat meat. I thanked them for offering meat-alternatives during Lent. I believe that if people consistently send out these kinds of messages, more vegetables / grain foods will be offered to us.

Helen Wells
U.S. Military, Guam

Self-sufficiency in Perm, Russia

I am Bhakta Sergei from the ISKCON farm in Perm, Russia. I feel like a rascal because I make you wait a long time for this letter. By nature I do not like to write letters. Until recently there was little chance to write. We had difficulty establishing our farm and we had to work very much all the time. Yesterday a snow fell, so we have less work and more time for books and bhajans. Previously we had little time to read books; everyone did it, but not regularly. It was something like a marathon for me. It was due to our plans to construct a good goshalla for the oxen before winter by all means because we wished to buy bulls and train them up by next spring.

All this time we have been constructing a goshalla. Two days ago we installed bulls into it. Now my duty is to keep and train them. Both bulls are a little older than 1.5 years. One of them had been bought from one lady who is a friend of the Izhevsk devotees. She has a farm. This bull was a sire in the herd. Therefore he is a little wild. Another bull was brought from

Bashkiria. He is less in height than first one, but he is more fat. He was kept for meat t and he stood all day in a stall.. As a result he is less strong and I have to train him. Usually it is almost impossible to get good 1.5 years old bulls here because they are brought to slaughter house at the age of one year. We spent much time travelling hundreds of miles to get proper bulls.

This second bull is very mild and obedient. Should we castrate him now or let him gain upon the first one.? Another question I'd like to ask is how to train the oxen and what kind of feeding they need during the training period. How much hay and grain (we have only barley, oats, wheat and also peas) and vegetables (we have carrots and beet root) do they need?

Now our bulls are about 400 to 500 kg in weight and a little bit less than an adult cow in height. They are of the same breed as the bulls of the Belarus farm. They are smaller than Burfi and Dal. If you can give us any recommendations please write. I would be very grateful to you.

Due to the temple devotees we have a good harvest of carrots. They took care of it the whole summer, weeding it and making it sparse. The temple saved on it lot of money (some millions of rubles). We have got a good harvest of beet root also, which we will use up on feeding the bulls in the winter.

In spite of the cold and rainy summer our hothouse (which is 4 by 4 meters in size) gave us a half bucket of cucumbers daily. In autumn we harvested two buckets of red pepper from 3 square meters. We've got also tomatoes. Then, we made varied offerings to Krishna and devotees were glad with prasadam. Someone said that prasadam was as good as in a temple.

Here was a wonderful warm and sunny autumn. We took it as Krishna's mercy. It made it possible to build our goshala. We decided to make one plot of 0.5 hectares into a garden. We grub up the trees during the whole month, then we prepared the pits for seedlings, occupying half of the plot. We are going to plant seedlings the next spring.

Here is one devotee, Bhakta Boris, who is familiar with the gardening from his childhood. He took this service very seriously. Another devotee, Bhakta Sergei is responsible for the vegetable garden. Bhakta Eugeny (you know him-he was at your seminar in Belarus last summer then he left for our farm) took the service to bees. We have four bee families now.

The leader of our farm, Bhakta George, in a few days will go for initiation from His Holiness Harikesha Swami. George is our organizer. If not he, the yatra would not have a farm for at least five more years. He is an expert in building construction and a good driver. He took very seriously all your instructions which I brought to him in the form of your lecture. He hopes (just as all other farm devotees) you visit us the next summer. An authority of our yatra Akinchana Dhana Prabhu agreed to accept you., but you should write to us when, for what term and on what conditions can you come to us.so that we can make all arrangements and facilitate you.

We are very interested in construction of straw houses, but the single video is insufficient. There are still some questions (e.g. how to make cold-proof ceilings). Please send us all information on straw houses and constructing a straw press. We'd also like to get addresses of people in St. Petersburg who can build such houses.

You also spoke of a selection of Srila Prabhupada's statements and quotations on vedic village and ISKCON agriculture, cow and bull protection., etc.. Such information would be very useful for our preaching for people in general including devotees who do not appreciate the agricultural communities of ISKCON.

On one of your lectures you showed the journals describing the constructions of ploughs, cultivators, etc.. We would like to have all this in formation about mechanisms we may use with the ox power. You also told about the device which makes a gas from dung. We would be very thankful for all this useful information.

Please write us how you got to your farm, what kind of harvest did you get this year? I offer my obeisances to all devotees who live in your region and Gita-nagari and i ask your blessings for me and our devotees in order that our farm develops in a right way, our devotees be always serious in Krishna's service and enthusiastic. I hope this letter finds you in good health.

Bhakta Sergei
Perm, Russia

ISCOWP REPLIES

This is a short letter just to answer your most important questions, more will follow later.

1) You asked if you should neuter one bull who is less weight than the other one. You should let this bull gain some weight before neutering.

2) As far as training oxen-we can send literature. This process is explained in some of the back issues of the ISCOWP News. Also we have just completed one video on how to train oxen. For more video information please refer to page 10 of this newsletter.

3) You should feed the training oxen enough so they are not in anxiety.

4) Concerning straw-bale construction please refer to page 5 of this newsletter.

5) We very much would like to come this summer to visit your farm. Your serious endeavors to establish your farm according to Srila Pabhupada's philosophy of cow protection is enlivening to us. Also the sincere and humble attitude of the devotees there is like a breath of spring. Next communications we can discuss particulars.

6) We have varnasrama quotes to send you but first we will wait to hear from Vasupati Prabhu who contacted us from Perm, Russia via Link/Com e-mail. If we can communicate to each other through him it would be much quicker.

Picture & Cooky Recipients

This is just a note to acknowledge your wonderful service to Guru, Krsna and Mother Cow. I also want to thank you for the pictures and keeping me abreast of your devotional activities. I'm also impressed by the cooperation you've been getting from other devotees who enable you to

carry out your services so nicely.

Thanks ever so for the cookies. They are so-o-o good! I look forward to receiving more of this prasadam in the not-too-distant future. I just got a box yesterday in the mail...and guess what? They're almost gone. I've even given some out to patients of mine who really savor the nectarean taste.

Hemalata dd
Brooklyn, New York

Thanks so much for your prompt letter back and photos from your project. We appreciate seeing the pictures and are very excited and inspired to know what you're doing to protect Krsna's cows and bulls. Please accept another small donation from us, and please use it again for whatever you deem appropriate. Our daughter Kamalini also is inspired to protect the cows and has given a dollar from her allowance as part of this present offering. She is ten years old now, and according to her astrological chart she is destined to become wealthy, so expect larger donations from her in future years.

Thanks again for noticing our little effort to support your wonderful program. We are grateful to you for providing such a necessary haven for the precious bulls and cows who need our love and protection in Kali-yuga. Hare Krsna!

Haripada d., Phalini dd., &
Kamalani dd.
Citrus Heights, CA.

Thanks for the cookies! Please keep em coming. They are a big hit at work.

Karnamrita d., Arcana
Siddhi d.d.,
Baltimore, MD.

Thank you for the tasty cookies which , by distribution, I have made many friends!

Amala Bhakta d.
Los Angeles, CA.

Thanks for your pics & cookies, they made my day!

Stacy Charlton
Marlton, N.J.

We appreciate your sincere service to Srila Prabhupada and his many faceted mission to educate the fallen conditioned souls. It is undoubtedly a gradual process and your aspect of preaching through cow protection is critical to the establishment of Krishna Consciousness as a full cultural presentation.

It is enlivening to view your progress in Sandy Ridge "Prabhupada Village" and other ISCOWP projects through simple photos and news updates.

Your cookies are always welcome as Mother Janaki is known for baking and distributing cookies so we deliver the ISCOWP prasadam all over the country.

Veda Guhya d.,Janaki dd
Orangevale, CA.

Cow Protection in Japan

We long to engage in devotional service as much as we can. This is yet an individual level. We have adopted a bull calf of the Jersey species and he was born on the day after Gaura Purnima 94'. At present we are earning our livelihood by selling prasadam with "Laddu" every Sunday.

We very much wish you send us your video on how to train oxen.

Takashi & Mami
Nakamura
Hokaido, Japan

Bhaktin Sachiko, Laddu the calf, Takashi and Mami Nakamura

Earning a livlihood by selling prasadam with Laddu

STRAW-BALE CONSTRUCTION

Information from ISCOWP's LINK/COM Cow Conference

12/13/94

One of the many obstacles in beginning and maintaining a rural community is affordable housing which is comfortable and conducive to developing spiritual life. Inadequate housing eventually proves distressing and depressing for the inhabitants. But the cost of providing anything better often is prohibitive.

We would like to introduce different forms of construction which are affordable and appropriate for simple living and high thinking. Our first choice is straw-bale construction. This material is a renewable resource.

The straw from the grains you grow for yourself and your animals can be used to build your home. Tons of straw are burned in the USA alone. Instead of treating straw as a waste it can be used to build homes.

From an article sent to us by Kanva das:

"A remarkable new building fad is starting to sweep the nation houses made of straw!

Homeowners who have them are happier than pigs in hay because they say straw houses are easy to build, cool in the summer, warm in the winter, and far cheaper than other houses.

'It's the wave of the future,' declares Dan Dorsey, whose 475-square-foot straw home near Tucson, Ariz., cost just $18 a square foot compared to an average $53 a square foot for conventional homes.

Builder Matts Myhrman, 53, likes the idea so much, he started his own straw home construction company called Out on Bale.

'Not only are these dwellings inexpensive and simple to put together,' Myhrman says, 'but they have superior insulation, will withstand a tornado, and can last at least 200 years.'

Straw houses are built by erecting a post and beam framework that satisfies local building codes. Then you fill the wall cavities with tightly bound bales of straw, pinned together with steel rods. Next, stucco netting-a type of chicken wire-is put around the straw bales. Then they're covered with stucco on the outside and plaster on the inside.

By comparison, the walls of conventional homes are usually made of concrete blocks or sheathed with plywood and filled with fiberglass or other insulation.

This futuristic use of straw was inspired by the past.Myhrman says Nebraskan settlers, short of lumber, were the first to build houses of straw-and many of their homes are still standing nearly a century later.

'One old-timer raised in a straw house told how his parents once continued playing cards,blissfully unaware that a tornado was blowing by their front door," marveled Myhrman. "That's how good the insulation was.'

Each year the U.S produces enough straw to build 5 million 2,000 square foot houses with 2 foot thick walls.

Myhrman's only warning for builders is to be sure they use straw-the left over stalks from harvested cereal grains.

If they use hay-dried grass clippings-many animals won't be able to resist the tasty temptations. Just as they did to early settlers, they'll literally eat you out of house and home.

Said Myhrman: 'While one family was away, two bulls knocked the stucco off a corner of the house and ate almost a bale of hay out of the wall.' "

The next articles will focus on the facts about straw-bale construction and the "how-to."

Text 71934: 14-Dec-94 00:04 EST /4 lines/ Akruranatha (Dasa) ACBSP (San Francisco)
Comment on: Text 71895 by ISCOWP (Balabhadra Dasa & Chaya Dasi)
Receiver: Cow (Protection and related issues) <350>
Subject: Straw-bale construction

Very interesting. Please comment on the degree of fire resistance of straw -construction homes. Should the straw be treated to make it more fireproof?

12/17/94

In answer to Akruranatha's question about the danger of fire with a straw-bale home here is a quote from the North Platte Telegraph, September 26, 1993.

"And even though they are made of straw the buildings are extremely flame resistant, they say. The compressed straw in bales contains enough air to assure good insulation but not enough to sustain a fire, according to a report of tests run by the National Research Council of Canada. The council also suggests this type of construction for areas where the danger of forest or grass fires is great."

Some facts from the same publication:

1. Ten to 20 acres of grain yield enough straw to build a 1,600 square-foot house.

2. Soft wood has about the same chemical composition as straw.

3. Straw baled with a compression setting between 250 and 500 pounds works best. Some builders have found farmers willing to bale to their specifications.

4. A "Farmer to Farmer" program at the University of Arizona is teaching people in Bolivia to build straw homes.

5. In France, barley straw packed in plastic bags is used for insulation.

6. English buildings 600 years old have been found to consist of hand-tied round bales stacked like cord wood.

7. Straw construction dating to 5000 BC has been found in Egypt.

continued on page 9

INSTALLING ISCOWP IN FRANCE

by
Pitavasa dasa & Aradhya devi dasi

The door of the temple room bursts open during the Bhagavatam class. A devotee hurries over to Pitavasa Prabhu and whispers urgently, "The cows are in the garden." My husband leans over to Bhakta Antoine and Lalita-Madhava Prabhu, and gestures to follow him. They all get up quietly, walk sedately to the door, and then run to stamp on their boots, grab their sticks. In the middle of sublime philosophy we hear the gallop of cows' hooves, loud mooing and the shouts of the men. How can the gentle cow be so hard to protect? Sometimes we wonder if we shouldn't be protected from the cow!

A few weeks ago, we had a Centennial meeting at New Mayapura, at which the devotees of ISCOWP FRANCE were asked to present their project. Our treasurer, Kuthastha Prabhu, started out by saying, "I was a cow hater." That made everyone laugh, but we wanted to hear more. "Of course," he continued, "I know the philosophy, but I had a hard time seeing the practical application of it, especially on a day-to-day basis.

One day, I had just planted out some little cabbages in the field. Well, a cow got out and ate every last one of them. Then a few weeks later, the corn was looking great, five or six inches tall, green and healthy. I was already dreaming of offering long golden ears dripping with melted butter to Krsna. Then, you guessed it, a cow got out. She ate every last corn plant, and seemed very pleased with herself as well."

After the laughter died down, he went on to explain that like any energy of Krsna, which if it is misused causes destruction, so the cow can be our best friend only if she is carefully and incessantly protected and watched over. There is never an instant when she does not need our attention and service.

In this case, the urgent necessity was to build strong fences to protect the crops - as well as to protect the cowsfrom being the target of angry shouts and even blows with sticks in a moment of fury.

Here in New Mayapura, cow protection began when Prabhupada instructed us to get four cows, back in 1975. But in between then and now, a whole saga has taken place. The cows were almost seized by the government tax collectors. They were hidden away while New Mayapura was in danger. Then at last they were brought back to a nearly deserted temple, whose devotees had mostly fled from the austerities and difficulties we had been forced to undergo. It seemed that everything had to be started all over again.

The first step was to form an association for the protection of the cow and the land. Its French name is "Labourage et Paturage", from a famous saying which explains that the real wealth of France comes from its fields and its cows. But because New Mayapura is an international project, we wanted to also have a name to be used in all of ISKCON.

As we admired and wished to follow in the footsteps of ISCOWP, we decided to use that name, to join hands with all the cow protectors of the world. In addition to the cow protection aspect , we had of course begun to work with oxen and to do research all over France to find farmers who still worked with animal traction, who had machines in working order, who could give us tips on training and caring for working oxen.

We were rewarded by Krsna, who helped us to find a young farmer who trains oxen for the show ring. He sold us a pair of beautiful silver-gray animals, trained to show, but who had damaged horns after an accident. These two sleek and muscular creatures just make your heart stop when you see them coming majestically across the field, pulling a machine with a noble determination and control of their force that would put a life-long ascetic to shame.

However, these same wonderful animals become the bane of the existence of the devotees when they are out of work. Release them in a field, or even worse, in the forest with the retired cows, and watch out! Because of their great strength and intelligence, in a very short time they will have found the weakness, if any, in the fence and will be galloping straight for the nectar - whatever is best: the neighbor's wheat, for example, or Krsna's vegetable garden.

In Vedic times, the MANU-SAMHITA explains, the gardens and crops were to be protected by high and impenetrable fences of thorns. But today, the cows are put behind barbed wire, and the garden out in the open. Which is all right, if the cows don't live long enough to develop any kind of intelligence. But our cows are not like other cows. They are clever, and have highly refined taste buds. Only the best is good enough.
A flimsy little electric wire doesn't impress our cows. They know very well that if they start a fight with another cow and she falls against the fence without making any sound of protest, that there is no juice in the line. They proceed to walk across it as if it didn't exist.

Sometimes when farmers come to see our cows they look surprised to see the height of our fences. "Do you have deer?" they ask. We don't really. But sometimes we wonder if we have flying cows.

In order to keep the working oxen under control, Pitavasa Prabhu sometimes puts them on a picket to eat the grass around the buildings. But they only stay there out of politeness. If they really develop a desire to go somewhere, they don't hesitate long. I heard one of them bellowing the other day. I ran to the window to see what was wrong with him. He saw his brother being led off to the barn. Of course, he didn't want to stay alone. He was tied to a picket that had been pounded three feet into the ground. He ran to the end of the rope. Foiled in his attempt, he glanced sideways at the picket, then began to lean with all his strength on the cord, at the same

continued on page 10

ISCOWP Barn Construction Progress Report

by Balabhadra das

We returned to the Sandy Ridge land project after 2 months absence and proceeded to build the roof on the barn. After getting Vraja and Gita, my son Baladeva and myself settled in , on January 17 we started putting up the rafters on the barn. Because of the size of the timber we were using (the rafters were 2" by 10" by 16 ', southern yellow pine, rough cut green lumber-freshly milled and still containing moisture content) the boards were very heavy.

Due to the height of the top section of the roof we decided to build the 2 lower sections first. Each rafter contains 2, 2 " by 10' by 16' pieces of lumber laminated (nailed) together. Baladeva das, Mahasrnga das and myself wrestled with each rafter. They were first cut to fit while on the ground, next lifted in place by the three of us and then nailed into position.

Baladeva das, 20' above the ground, nailing a rafter onto a ridge beam.

There are 17 rafters on a side, 4' apart which makes for a total length of a barn of 64 '. It took approximately 10 days to raise the rafters for both of the lower sections and to measure, cut and nail the purlins into place. The purlins are the boards which the tin roof is nailed to.

So, now we had half of each side of the roof finished. At that point we had decided to build sections of the upper roof using the lower roof sections as a platform to build the upper section. I was constantly keeping my eye on the weather. We were experiencing some good weather, mostly warm and dry. We had arranged for a large crew for the weekend to raise the section of the upper roof into place. However the weather forecast for the weekend was looking very cold and rainy.

This was Thursday and Baladeva and I talked about whether making the sections was a good idea because if it rained we would never get the sections in place without a large crew. We decided we would have to put up the ridge beams and the rafters by ourselves. The only problem was the ridge beams needed to be placed 20' above ground level and the opening of the mid section of the barn was 24'. We borrowed Madhuha das's 2 1/2 ton flat bed truck and borrowed 3 sections of scaffolding from Daya Vira das - each section was 5 ' high. We parked the truck in the middle of the opening and put the scaffolding in the back of the truck. Mahasrnga das had helped us on the lower sections, fearful of heights, he now worked on nail plates and hurricane brackets for the lower sections. Baladeva das and I very carefully put the first section of ridge beams up on the top of the scaffolding. We got the first section ridge beams up and we started very carefully putting the rafters up from the lower section of the roof to the ridge beam.

Our main concern was safety. Getting the first set of rafters in place was a big accomplishment. At that point we knew we could do it rafter by rafter and we didn't have to wait for a crew on the weekends.

That was on Friday. That Saturday, Sunday and Monday we had 3 days of very cold weather and freezing rain which canceled out the crew theory. After we passed through that inclement weather, Baladeva and I took the next 10 days to hoist a total of 10 ridge beams and 68 rafters into place, nail them all together and put collar ties on the rafters. We did this rafter by rafter, ridge beam by ridge beam.

We are now in the process of putting the 2' by 6' purlins in place so the tin roof can be nailed to them. We are anticipating that the tin roof will be in place by Sunday, February 12 which is Lord Nityananda's appearance day.

Baladeva das, our son, is an experienced carpenter and we depended on him greatly to figure out the technical aspects of the barn construction. Mahasrnga das gave freely many hours of his time to complete the construction. Daya Vira das and Madhuha donated their equipment. To all of them, and to you, we give our thanks and appreciation.

Ox-Power at New Talavan

by Narayana Brown

New Talavan is a 1300 acre ISKCON farm near the Gulf Coast of Mississippi. Here we have about 150 cows and half are oxen. It is our duty as a farm community to train and work the oxen. Up till now we have been neglecting our duty. But recently some of us teenagers under the guidance of Jane Ochoa, have been working with 8 of the bull calves here. These calves are learning the basic commands: Get-up, Gee, Haw, Whoa and Back.

Of the eight calves I chose 2 for my future ox team. I named them Nitai & Gour. They are now 5 months and the other calves are about the same age. So far my "boys" come when I call their names and they know the commands Get-up, Whoa and Haw.

When I was younger I liked very much working with the cows here at New Talavan. Working with oxen was something I always wanted to do. Now that I am 14 years old I feel I'm ready for the responsibility.

Our group meets once a week and discusses what we are doing with our calves. We are discovering the calves unique qualities and are enjoying developing special relationships with them. Everybody knows that the teenage years can be trying and difficult but working with the calves gives us a constructive outlet and is pleasing to Guru and Krsna. At some point in the near future, the oxen will be helping to work the fields, haul loads and pull logs out of the vast pine forests on the farm.

Nitai is one of the bull calves Narayana das is training.

A big help to me has been the training video that ISCOWP has made in cooperation with ISKCON Communications. ISCOWP also sent me some back issues of the ISCOWP News that explains the process and Parmananda Prabhu's instructions that appeared many years ago in the ISKCON Farm Newsletter. But the video was the biggest help to me. It is a lot easier to learn how to do something by seeing how it is done than by reading about how it is done.

Since my team is pretty far along in learning their commands my next step will be to acquire a yoke. I hope that Pundarika Prabhu who makes furniture will be able to make a yoke for Nitai and Gour. ISCOWP sent Parmananda Prabhu's instructions on how to make one, so if Pundarika Prabhu can't make one I guess I will!

We have already been invited to demonstrate at a 4H club gathering in the fall of '95. We also hope to make a special offering to Srila Prabhupada in '96 by having an ox drawn cart pulling his murti on parikrama around the farm and to nearby villages. Soon the oxen will be helping us follow Srila Prabhupada instructions to live simply and think highly. Ox Power Ki Jaya!

Jiva devi dasi is developing a relationship with Nandi, the bull calf she is training.

STRAW-BALE CONSTRUCTION

continued from page 5

Straw buildings were used for emergency housing in the Middle East following the Gulf War.

8) In the United States, Habitat for Humanity is investigating straw construction and so are Indian reservations.

01/1/95

There are three common methods of straw construction.

NEBRASKA STYLE

Named after the pioneer Sandhills homes, is the simplest and cheapest. It involves bales stacked like bricks on a concrete foundation with rebar and wooden spikes run through them to pin them together.

Sometimes mortar is used between bales, but it is not necessary and it reduces the insulation advantage.

A wooden plate along the top of the wall is connected by tightened wires or cables running to the foundation at intervals, tying the whole thing together. This makes the walls strong enough to be load bearing.

The roof is attached to the upper plate. Most homes use ordinary wood roof construction, though some builders are experimenting with other materials, even thatch.

POST and BEAM

Construction uses vertical posts of milled lumber, lodge poles, telephone poles or concrete pillars.The weight of the roof falls on the poles rather than the bales.

WRAPPING

Involves building a frame as for a wood house and laying up bales as on the outside. The walls are then plastered to protect from water damage.

"Keep straw dry and it will last a thousand years," says Motts Myhrman, founder of Out on Bale LTd.

1/8/95

Step-by-step straw bale home:

Step 1
Do layout and raise footings

Step 2
Use footings as surface and guide to make top plates. Construct, in advance, all rough frames and intels.

Step 3
Set up temporary guides at each corner

Step 4
Seal footings and raise bale walls, setting in frames and electric wires as necessary.

Step 5
Lay down top plate, straightening walls as you go.

Step 6
Secure trusses and attach purlins.

Step 7
Lay down the roofing. If possible, put up ceiling and insulate attic beforehand. Then take a break. You're now "dried in."

Step 8
Pour a floor. Finish window and door details. Complete electric wiring for solar or hydro-electric use.

Step 9
After building settles, secure top plate and roof to footings. Hang stucco netting and lath. Plaster inside and out.

Step 10
Build partitions, cabinets and all the rest. Move in and get on with your life!

1/15/95

Getting started can be intimidating,but there are some very useful books and methods to overcome this inertia.

A Straw-Bale Primer.

An illustrated guide to building with straw bales (the bible of straw-bale construction), $10 postpaid to :
Inhabitation Services
S.O. MacDonald & Orien MacDonald,
P.O. Box 58
Gila, New Mexico, USA, 88038

The Last Straw Magazine

Is the straw bale building newsletter published quarterly. Includes building techniques, important bale buildings (new and historic) and info on workshops and literature. $21
Check payable to :
Out on Bale (un) Ltd.
1037 E. Linden Street
Tucson, AZ . 85719 USA

The Elegant Solution Video

This 30 minute video features modern day straw-bale pioneers, owner/builders, workshop participants, designers and architects discussing their experience and addressing the common concerns of straw-bale construction. Included visuals are wall raisings, modern day straw-bale structures and a historic overview. For a VHS copy of this video send $29 plus $4 S & H to:
Carol Escott,
P.O. Box 318,
Bisbee, AZ 85603

Out on Bale (un) LTD.

A one-stop shop for straw-bale construction resources- Workshops, videos, written information, wall-raising supervision, consultations, referrals, 5 years of experience and research at work for you.
1037 Linden Street, Tucson, Arizona 85719, USA Ph# (602) 624-1673

If you are not in a big hurry, ISCOWP is planning on building a straw-bale cottage this summer. This activity will be recorded by video and will appear in its final form as an instructional video by late 95 or early 96. The cost will be less, probably $25 which includes shipping.

Some additional facts from the Last Straw Magazine:

Straws regarded as especially good for bale buildings include rice, rye, and flax straw.

A million tons of rice straw are burned each year in California, USA. However, even a modest percentage of the estimated 200 million tons of straw

continued on page 10

INSTALLING ISCOWP IN FRANCE

Continued from page 6

time running around in a circle. At the last moment, he gave a huge heave, and the picket galloped after him down the road.

Who would ever imagine a tractor doing the same?

Now you can understand why installing ISCOWP in France is a very practical matter, beginning with making good fences all around New Mayapura, and especially, all around the crops. If anyone is expert in fencing and at the same time would like to visit historic New Mayapura, where we are trying to put into practice Srila Prabhupada's very detailed instructions for farming communities, please come. There is always something new and fresh to do to serve the cows and the oxen who are so dear to Krsna and Balarama.

Pitavasa dasa and Aradhya devi dasi
Labourage et Paturage (ISCOWP FRANCE), New Mayapura , 36360 Luáay-le-Male, France

Bhima and Manu, stars of the video "Training Oxen by Voice Commands"

STRAW-BALE CONSTRUCTION

continued from page 9

(rice straw, wheat straw, and barley straw to be burned nationwide (USA) would be sufficient to build most of the new houses built each year in the USA.

Text 76282 (45 lines)
From: Internet: Robert Cope <vyapaka@gmgate.vircom.com>
Date: 18-Jan-95 10:33 GMT
To: ISCOWP (Balabhadra Dasa & Chaya Dasi) [760]
Subject: Straw-bale construction

Your submissions re. straw bale housing have been very informative. My first introduction to this type of construction was at the Permaculture conference at Saranagati in 1993. For your information, I think it is the CMHC (Canada Mortgage and Housing Corp.) has also done a study on straw bale constructions and has approved it. CMHC is a govt agency which insures mortgages for people unable to provide a high enough mortgage for the banks.

1/25/95

During our visit in Belarus many of the people who came to our ISCOWP seminar desired strongly for information on how to build straw-bale construction in Russia. We have made a contact in Holland, Diane Gillman of Context Institute, who gave us their contact in Russia, David Bienn. When any one contacts David let him know that Diane Gillman said we should contact him.

If you wish a possible contact in Europe try getting in touch with Diane Gillman of Context Institute. She is located in Holland and her E-mail address is: dagilman@aol.com.

When getting in contact please mentioned that William Dove from ISCOWP recommended you get in touch with her.

Russian contact: David Bienn
by e-mail at: metarch@glas.apc.org

David is coordinating in St. Petersburg eco-village activities in Rysovoev. He is an architect, speaks Russian and has been involved with the group since the early days.

VIDEOS NOW AVAILABLE!

It is our desire to make available instructional videos on topics concerning Srila Prabhupada's vision of self-sufficient agriculture based on cow protection. We have just begun this project and we have two videos now available. "Training Oxen by Voice Commands" and "ISCOWP Travels to Belarus." The first video takes the viewer from A-Z in training two bull calves (the bull calves Bhima and Manu who are in the video were saved from the slaughterhouse by Mahasrnga das & wife Radha Kanta devi dasi) to the point they are capable of working, and the second describes our trip to Belarus and how the devotees and local residents of Belarus are applying animal power within their environment.

Both videos are approximately 45 minutes long and are available for $25 each through ISCOWP and that includes shipping.

These videos are of higher technical quality than the "Buck & Lu" video because we were able to acquire some video equipmen for their production. However we have a lot to learn and expect to improve with each production.

Future productions will include topics such as straw-bale construction, permaculture, rice production, logging with oxen, how to make a yoke, preparing a field and planting it by ox-power, etc..

LAKSHMI'S KITCHEN

We mentioned in our last newsletter that we had a bumper crop of delicious sweet potatoes. We stored them for winter and we still have some left. There are many ways to prepare sweet potatoes but the following recipe is very popular with our family. It makes a vegetable pie (most of the vegetables from our garden) that is a meal in its self and can be taken on picnics or travel.

SWEET POTATO PIE

PREPARATION TIME: 1/2 hour

COOKING TIME: 25-35 minutes

YIELD: one 8 inch pie

Pie Crust

1 cup (250 ml) white flour
1 cup (250 ml) whole wheat flour
1 teaspoon (5 ml) salt
1/2 cup (125 ml) butter
up to 3/4 cup (185 ml) iced water

Filling

3 cups (750 ml) sweet potatoes, peeled, steamed and mashed
1/4 cup (60 ml) each of the following vegetables (all lightly steamed and drained); cauliflower pieces, beans cut into 2.5 cm. (1 inch) lengths, corn, chopped spinach, carrot cubes and broccoli flowerets
1/4 cup (60 ml) butter
1 tablespoon (20 ml) grated ginger, lightly sauteed
1 1/2 teaspoons (7 ml) salt
1/2 teaspoon (2 ml) freshly ground black pepper
3 teaspoons (15 ml) soy sauce
1/2 teaspoon (2 ml) yellow asafoetida powder* (hing)
2 tablespoons (40 ml) brown sugar

1. to prepare the crust: sift the 2 flours and salt into a large bowl. Rub in the butter until the mixture resembles a coarse meal. Add enough chilled water to hold the dough together. Knead briefly, working quickly to avoid over-handling. Cover the pastry in plastic wrap and refrigerate for 1/2 hour.
2. Pinch off two-thirds of the pastry and roll it into a smooth ball, then, with a rolling pin, roll it into a circle that comfortably fits inside and up the sides of one 20 cm (8 inch) buttered pie tin. Prick with a fork and bake in a pre-heated oven at 200°C/390°F for 10 to 12 minutes or until light golden brown.
3. Thoroughly combine all the ingredients for the filling. Spoon the filling into the pie base. Roll the remaining pastry to the required size, place it on top of the pie, and crimp the edges of the top over the pie base. Prick with a fork and place in the oven. Bake at 190°C/375°F for 15 minutes or until golden brown.

* purchased at Indian or Oriental stores

Special Thanks

We would like to take this opportunity to thank you, all for purchasing T-shirts and other ISCOWP gift items for the holiday season and donating to the end-year wish list. Many of you sent in donations without forms requesting gifts. This seems to be increasing. Thank you so much.

In the next newsletter, which will be the annual report and should be in your home in March, we will list all donors for our fiscal year of 1994. In this newsletter we would like to give special mention to the monthly donors of 1994 and donors of $100 or more responding to the wish list.

All your donations contribute to the success of ISCOWP's projects. Monthly donations are highly appreciated since they provide us with a known income. If you pledge $15+ a month you will receive a monthly ISCOWP picture activity report. If you pledge $30 or more you will receive the picture report plus a dozen delicious prasadam oatmeal-chip cookies. Just read letters on pages 3-4 about how good these cookies are. Every donor is important to ISCOWP's success and we pray that you all will continue to participate in the ISCOWP activities of 1995. We thank you once again .

Monthly Donors of 1994

Mahasrnga d & Radha Kanta dd (The Crawford Family)	$ 108.00
Dennis & Caroline Constantine	$ 100.00
Dan Duer	$ 50.00
Stacy Charlton	$ 30.00
Ekanath d & Asta Sakhi dd (The Geesbeek Family)	$ 30.00
H.H. Hridayananda Goswami	$ 30.00
Vrajabhadhu dd (Marie Pritekel)	$ 30.00
Doug Carlton	$ 25.00
Balai dd (Blanche Marsden)	$ 20.00
Karnamrta d & Arcana Siddhi dd (The Cox Family)	$ 20.00
Parampadam d (Kenn Perry)	$ 20.00
Bhakta Eddie (Eddie Johnston)	$ 20.00
Dr. David & Nirmala Eldrege	$ 15.00
Isabelle Haas	$ 15.00
Giriraj d (the Ramos Family)	$ 15.00
Dina Sharana d & Satyabhama dd (The Greenberg Family)	$ 11.00
Amrita dd & Rasamanjari dd (Anne Kellogg & Marilyn Stein)	$ 10.00

New Monthly Donors for 1995

Jack Baldwin & Kanti DePoo	$ 30.00

Donors to the Wish List

Vanamali Pandit d (Dr. V. Mody)	$ 2350.00
Dan Duer	$ 1500.00
David Fuller (Maha Mantra)	$ 200.00
Dulal Chandra d. & Vijaya dd (The Fawley Family)	$ 111.00
Gadagraj d (The Baum family)	$ 108.00
Brajarani dd.(The Rathje Family).	$ 100.00
Saraswati dd (Betty Woodhouse)	$ 100.00

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
Rd 1 NBU #28
Moundsville, W.V. 26041, U.S.A.
Tel # 304-843-1270

Non-Profit
U.S. Postage
PAID
Moundsville, W.V.
Permit No.15

Saved From the Slaughterhouse

FORWARD AND ADDRESS CORRECTION