The last two weeks of March we had the good fortune to have members from the Institute for Applied Spiritual Technology (IFAST) for basic hands-on training of how to work with oxen. Ekavira das, Saddachara das and Bali Maharaja das were very enthusiastic to learn and got along very well with Vrada and Gita. Although none of them had ever worked with cows or oxen, they learned very quickly and were very helpful in our early spring preparation of several fields. In the top picture you can see Bali Maharaja das giving the command "whoa."

Where we had the buckwheat and corn last year (1/2 acre) they learned the basics of plowing with a walking plow. It was on this field also that they started learning how to drive a team of oxen. We started them on their driving with plowing because the furrow ox must walk in the furrow in order for the plowman to plow a straight furrow and consequently for the field to be nicely plowed. They found very quickly that this was a meditation, and there was more personal interaction required than working with a machine where everything proceeds on automatic pilot after pressing a button.

The lower picture shows participants of a small gathering, held at Sandy Ridge, North Carolina, listening to Balabhadra das explain and demonstrate the benefits of ox power. The gathering discussed the topics of permaculture, ox-power and community plus varnasrama development. Participants included H. H. Bhakti-tirtha Swami, head of IFAST, H. H. Bir Krishna Goswami, Nityo Dita Swami and residents of surrounding communities.
LETTERS

Florence, Italy

I'd like to express to you my esteeem and gratefulness for your wonderful work and the example you are thereby offering to the society of devotees worldwide. In our country, though ox work was a very basic feature of farming since 20 to 30 years ago and still you can find some rare people who work in this way, devotees use to consider it something either romantic (but not practical) or made for "rude" farmers but very difficult to implement for us. So the example of devotees who are seriously and effectively trying to follow Srila Prabhupada's desire in this regard is most needed and valuable.

It is especially important to those who are also trying to increase the general awareness of the basic importance of simple living in our pursuit of Krishna consciousness. It gives faith and encouragement.

Thank you very much! Please go right on!

You will find enclosed $20. I'd like to get the video you produced about oxen working.

One question: I've seen in my experience that castrating young calves before 6 months is actually not at all painful for them, but their growth is somehow checked; but if you let them grow and castrate after 1 year when their body is more developed, it becomes a very traumatic experience. Which system are you following for that?

Premakanda das
Florence, Italy

ISCOWP REPLIES

We very much appreciate and find it very inspiring your words of encouragement.

Since we are working with ISKCON Communications on some of the videos, specifically the one of ox training, we have forwarded your order to them. Maybe you have already received it.

Yes, you are correct, when you are castrating at an early age growth is checked. We practice "bloodless castration" in which there is no taking of the testicles from the body; the tubes are crushed and the testicles are left in the sack. The ox experiences the same level of pain that a human would if they were kicked in the groin. Vraja and Gita received this process when they were 8 months old and their growth appears not to be impaired at all. We wouldn't recommend doing it much later than 8 months.

The tool the vet uses is a burdizzo also called an emasculator. We have recently purchased our own from the Nasco farm catalog.

We understand from ISCOWP France, (Pitavas & Aradhya prabhus), that there is a village in South France where they don't castrate their bulls. They have been practicing lifetime cow protection for many generations and claim their bulls are controllable without castration. We might find we are dealing with a more gentle bull after many generations of practicing cow protection within ISKCON and we may find in the future that we may not have to castrate too, Krishna willing.

We have a cow conference on COM/LINK with 90 members both from Europe and America but we do not notice any member from Italy. It would be of great benefit if you could get on this conference or be in communication with someone else who has facility to become a member. Questions like the one you just asked are answered on the conference. Also you can communicate with us more quickly through e-mail.

Czech Republic

Thank you for publishing the wonderful ISCOWP News. It is very inspiring to read. Please go on this way. It gives us life here at the farm to go on. At the same time I would like to invite you to our farm whenever you will be in Europe or near Czech Republic.

Can you be so very kind and send me the two videos: Training Oxen by Voice Commands and ISCOWP Travels to Belarus. Enclosed please find $50.00 to cover the expenditures. By the way could you add a few (5-10) sweet potatoes. We cannot get them anywhere here.

Regarding the oil bean press-I found in the book by Post Intermediate Technology catalogue the following information: Small-scale Oil Extraction: Groundnuts and Copra. The book describes in detail various techniques that may be used and the three main stages of processing for the extraction of oil from groundnuts and copra. 108 pp. 1983 (ILLO), 7.70 pounds. Address: Intermediate Technology Publications, 9 King Street, London WC2E 8HW, U.K. (Tel. 01.836.9434) I did not order this publication, because 7.70 pounds is too much without seeing the book first.

Another interesting book might be The Straw-bale house by David Bainbridge, Athena Steen and Bill Steen. It is available from Eco-logic Books 19 Maple Grove, Bath BA1 3AF, Great Britain, Tel.01225 482272, fax. 01225 310022. Maybe you already know this title since it comes from Chelsea Green, USA. The Eco-logic Books Company has many other interesting titles as well.

We are planning to create a Srila Prabhupada's Memorial Park and we want to build a small samadhi there, which can serve as a place for meditation as well as his museum. We are planning to build it either from clay or straw. We'll keep you informed.

Regarding the COM/LINK. I do have an access to this bulletin board via Radek Kolar from Prague. Although he is living and working in Prague he comes to our farm every weekend and supplies me with the print outs. So if you want to contact me you can send it to his mail-box. As soon as he comes to the farm he will deliver it to me.

I have just received a letter from Jagadisha Maharaja who recommends you and Vyapaka Prabhu as a response to the following request addressed by me to him: "The actual reason why I am writing you again is to ask you whether you or somebody you would recommend could visit the Czech Republic this summer and hold a seminar on Varnasrama or and permaculture. We are preparing for the summer activities and every year we have some kind of Vaishnava oriented seminar mainly for Krishna's friends. Usually up to thirty people come and they like it. We would
greatly appreciate if you could visit us in this connection or perhaps send somebody. Can you be so very kind and let me know what you do think about the proposal and what would be the conditions?"

So can you be so kind and let me know whether you and/or Vyapaka Prabhu could come and what would be the conditions? Or do you know anybody from Europe you would recommend?

Turiya das
Czech Republic

Chatenois, France

Thank you so much for the video and also for the fall edition of your ISCWP newsletter. I just found time now to look at it. It is very well done. It shows me that you are an expert in training oxen. It seems that you have already worked with Paramananda prabhu together. As one can see in the video that your oxen are already doing nice although they are very young. I ask myself if our two oxen are not a bit too old with 2 years, to get trained? Better later then never, but would you recommend the same method of training?

I also saw that Bhima and Manu were already castrated. Someone told me you must wait at least one year to castrate them otherwise it may be harmful to properly growing their muscle.

After reading all of your information you sent me I would like to receive more about "how to do." In your ISCWP News you have so many interesting things described in which I am interested. But for the moment it is enough for me to get Rambo and Pita nicely trained. The name Rambo I want to change into a more Krishna conscious name. We never had training with him so I think it will be not too bewildering for him to get a new name. They are Swiss grey oxen which are not so mixed with other cow's gene. There are still pure brown cows here in Switzerland which are a bit smaller in height and rounder in the back compared to Swiss Brown. Rambo and Pita will not become so big like Swiss Brown because they were originally used to work in the mountains. Please enroll me as an ISCWP member for one year and send me an order blank of the SMALL FARMER'S JOURNAL.

At the moment I am more or less alone and I will till middle of January collect with Prasadam cookies and then return back to the farm. For the moment I beg for your blessing for our ox program so that we can get some of the mercy of Srila Prabhupada's Sankirtan movement and be happily engaged in the service of Sri Guru and Gauranga.

Thank you very much for your kind help

Tulasi das
Chatenois, France

ISCWOP REPLIES

Please refer to the answer in this letter section to Premakanda das in reference to castration. At the time of the filming Bhima and Manu were not yet castrated.

It is easier to train them when they are younger but not at all impossible when they are two years old.

Yes, we would recommend the same process shown in the ox training video for your 2 year old oxen.

Helsinki, Finland

I am deeply impressed with your staunch practice of DOING something for furthering the cause of Srila Prabhupada. Whenever I see your name on Com I feel deep joy and I pray to the Lord that you may stay long time with us on this planet.

This straw-bale construction is very interesting for me as a new household (engaged, getting married this spring). Also, I'm known for my vaishya-tendencies. I would indeed like to have description of your hand-bailer. If I understood correctly, one can make the bales for building a straw-bale house with this, without machines.

It is a pity I live so far from you, otherwise I would get my vegetables etc from you. It will be interesting to see who will get the first commercial nonviolent dairy farm going. Anyone who does it will become popular and millionaire very rapidly. Correct?!

For example Gita Nagari would become prosperous by marketing the only nonviolent milk products around.

Ajamidha das
Helsinki, Finland

ISCWOP REPLIES

Please send $15 to cover hand-bale blueprints and postage. Also send the address you want it to be mailed to.

Thank you for your encouraging words and wishes for our continued service. We wish you the best and Lord Krsna's blessings on your upcoming marriage.

The concept of a non-violent commercial dairy is one to be examined closely. The concept of a commercial dairy has been run on the practice of "cutting" or butchering the bull calves, steers and less productive and / or non productive cows. By this practice the commercial dairy makes a profit. When the "cutting" practice is not in the law there is a very large question as to how a profit will be made. To our understanding no one has come up with a cohesive plan for such a dairy and we are doubting very much that this is the path that Sri Krsna Prabhupada wanted us to pursue.

Localized economics based on the village structure where you have cows that provide milk for the village residents and the by-product of bull calves that will be trained to become working oxen is what we perceive to be the fulfillment of Sri Krsna Prabhupada's vision of self-sufficiency.

Any other thoughts on the topic are welcomed.

Good Wishes

Just wanted to wish you a happy holiday season and let you know that I am so happy to hear of all your recent success in your fields here in the United States and those fields so far away in Russia. Your hard work and dedications is truly remarkable and does not go unnoticed.

Please say "hi" to "the boys" for me. Tell them that their handsome faces and gentle ways always bring a smile to my face when I see them in your newsletters.

Gayle Janzen
Seattle, Washington
BIO-GAS PLANT
Information from ISCOWPs LINK/COM Cow Conference

Text 83532 (12 lines)
From: IFAST (Inst. for Applied Spiritual Technology)(Aj das)
Date: 28-Mar-95 21:39 EST
To: Cow (Protection and related issues) [463]
Subject: Dung

Can someone please explain the proper way to use cow dung as a fuel for heating & cooking? I understand the dung must be dried for some time. Is there a way of keeping the "aroma" off of the food, or is that considered auspicious also? Thank you.

ISCOWP REPLIES (4/5/95)
The recent question asked by Aj das of IFAST can be responded to in two ways. We can either discuss the method of cooking and heating with cow dung that has prevailed in the villages of India for thousands of years and/or we can discuss cow dung's use through methane digesters providing not only cooking and heating fuel, but also fertilizer.

In the following texts we would like to discuss both uses of cow dung. We would like to begin with some statements by Sharon & James Whitehurst who took instruction and knowledge from Ram Bux Singh, acknowledged authority on producing methane gas from organic materials, and built their own bio-gas plant. They have a herd of 60 Holstein milkers and 40 young cows and bulls. Their first bio-gas plant was made for the use of cow dung from 4 cows. These comments and more technical information on the subject can be found in the book: Producing your own Power: How to Make Nature's Energy Sources Work for You, edited by Carol Stone, Rodale Press Inc., Emmous, PA, copyright 1974, SBN 0-87857-088-8.

"Working-class Indians have traditionally used dried 'cow patties' for fuel. Although this manure provides heat for warmth and cooking when burned, there are two disadvantages to burning it. The manure produces quite an offensive, eye-watering, air polluting smoke, and by using the manure in this manner, there is no residue with which to fertilize the land.

In such a densely populated, underdeveloped country like India, robbing the land of much needed fertilizer can lead to serious food shortages.

Both these disadvantages are overcome, however, when the manure is fermented, rather than burned. There is no stinky smoke, and the biogas slurry that is removed from the digester and spread on the land boosts the nutrient-starved croplands to the point where yields per acre double and triple as the quality of the crops improves. In India the methane gas is considered the secondary by-product, although in the U.S., where the majority of us have long depended upon commercial fertilizers we would think of the energy (gas) as the prime reason for populating bio-gas plants.

The digested slurry has several features which make it more desirable than raw manure as a fertilizer. The biggest advantage is the increased amount of nitrogen which is stabilized and made available to the soil by the anaerobic digestion process. Bio-gas slurry is a tremendous source of humus and therefore a real soil builder.

One application of the spent slurry to our garden last spring really worked wonders. Our hard clay soil has always been a problem, muddy when wet and resembling cement when dry. After liberally soaking the garden plot with slurry, we tucked in our vegetable seeds and waited for Singh's promised miracle to happen. We weren't disappointed! The hard unruly soil became loose and friable, easily cultivated, and brought forth an abundance of prize vegetables. An added attraction of this fertilizer is that digested slurry, unlike that familiar barnyard stuff, has no disagreeable odor and contains no pathogenic bacteria or weed seeds, these having been killed by the digesting process within the plant.

Our plant is a very simple type. It has a 225-cubic foot capacity and it utilizes the manure from about 4 cows on a daily basis. It is a good size plant for a homesteader, enthusiastic organic gardener, or just anyone who wants to experiment with methane gas production. Mr. Singh explained to us that since the standard of living in rural India is far simpler than what most Americans are accustomed to, a plant of this size provides an Indian farm family with all the energy they need for cooking and lighting.

In this country, the gas produced from a continuous-feed plant the size of ours (assuming that proper care is given to the carbon-nitrogen ratio of raw materials) should be more than efficient to meet the needs of an average household, with some fuel left over for gas lights, gas refrigerator, etc. (if you can find them). As for the slurry, every homestead worth its salt has a good-sized garden and a few crops. With all due respect for compost piles, we've never seen anything else do as much for the soil as quickly as an application of bio-gas slurry.

More to follow in next installment.

Text 84495 (30 lines)
From: IFAST (Inst. for Applied Spiritual Technology)(Aj das)
Date: 06-Apr-95 00:59 EDT
Reference: Text 84465 by ISCOWP (Balabhadr Das & Chaya Dasi)
To: Cow (Protection and related issues) [466]
Subject: dung

W O W ! ! !

Dear Balabhadr Das & Chaya Dasi,

It sounds as if a methane digester

continued on page 10
Vraja, who is our nigh ox, or ox nearest our teamster, knows when a teamster is new (green) and is a bit of a rascal. He will give the green teamsters many tests much to their consternation. The student teamsters from the Institute for Applied Technology (IFAST) all agreed that this was to their benefit. And because of his testing they all learned more, especially about how a rascal ox thinks.

Besides helping to open up several fields while learning how to work with the oxen, the members of IFAST helped plant cabbage, beets, spinach and peas. The spinach and peas are doing great. The beets and cabbage are doing alright.

We have many seedlings started: bitter melon (seeds saved from last year's crop); 2 types each of cucumbers, tomatoes, summer squash and watermelon; 4 types of winter squash; 2 types of hot peppers, cayenne and banana; bell peppers and eggplant.

By the time you receive this newsletter, and the weather has become warm, we will have planted directly into the garden sweet corn and bush beans. We will also be planting okra and rice whose seeds have been saved from last year's crop. We have 75 lbs. of rice seed which will be planted in a 1 acre plot recently plowed.

Arriving the first week of May, are 3 thousand sweet potato plants of three different varieties. Beauregard is an early season variety mature in 90 days. Bush Puerto Rico is a mid-season variety mature in 120 days.

And jewel is a late season variety mature in 150 days.

The plan this year is to market a portion of our crops to sources outside the community as well as within.

We have been harvesting kale since the last week in March (yum, yum-nice to have fresh greens again). The 1/2 acre of rye which is now growing will be allowed to grow to maturity so that we will have rye seed for a cover crop for next fall. We will also be growing a small amount of sorghum and broom corn of which we will save the seed. The sorghum will be used for molasses and the broom corn will be to start a cottage industry to make brooms.

Even through the pre-civil war era in North Carolina, the growing of castor beans was a major crop and the production of castor oil was a major industry. Srla Prabhupada spoke about growing castor as an oil crop, but castor beans are poisonous both to animals and humans. Due to this reason we are hesitant to grow them. Therefore we are researching different oil crops which can be grown for dual purpose usage, i.e. cooking and lighting.
ISCOWP: AN ETHICAL INVESTMENT

INCOME

- Contributions
- Membership Fees
- Services Performed
- Merchandise Sold

EXPENSE

- Seed to Sustenance Land Project
- Membership Development
- Outreach Programs
- Administration

INCOME = $30,605.73  EXPENSE = $30,544.66  BALANCE = $61.07
Evaluation of Fiscal Year 94

EXPENSES

Seed to Sustenance Land Project

ANIMAL .................................................. $ 1899.35
BARN ............................................... $ 8813.30
MAINTENANCE, i.e. PHONE, MISCELLANEOUS $ 600.00
TOTAL ................................................. $11312.65

SUMMARY:

The Seed to Sustenance Land Project, located within Prabhupada Village at Sandy Ridge, North Carolina, is the scene of ISCOWP's agricultural development based on ox-power. It is also the location of the recent construction of ISCOWP's pole barn which you all so generously donated to this year. Each year this project has shown great progress. For twenty years this land lay idle. It was jungle three summers ago and now 3 acres are under cultivation and in production and 5 acres are cleared for pasture plus the 48' by 64' pole barn is constructed. A major consideration is that the clearing and agricultural progress described has been accomplished solely by ox-power.

Another aspect of this project is the hands-on living classroom setting for the training of teamsters and organic agricultural pursuits. In most all of ISCOWP's newsletters there is a Seed to Sustenance update report (please refer to page 5 of this newsletter) to keep you informed of progress with this project.

Member Development and Service

LITERATURE .......................................... $ 1978.57
POSTAGE ........................................... $ 2061.01
PHOTOS, VIDEO TAPES ......................... $ 600.55
T-SHIRTS, VIDEO EQUIPMENT .................. $ 2605.50
TOTAL ............................................... $ 7245.63

SUMMARY:

A new development this year has been the production of instructional videos for our members information as well as for distribution to educate the public. Iscownp Travels to Belarus and Kiss My Ox, Basic Commands on Training Oxen have been produced this year. Presently we are working on the production of a video that contains information on ox-power, permaculture and organics.

The ISCOWP News is our quarterly publication which informs its readers to ISCOWP's progress and educates by discussions of relevant topics. Our monthly pledge members ($15+ a month) receive a monthly ISCOWP progress picture report. Other monthly pledge members ($30+ a month) receive freshly baked oatmeal-chip cookies, which are a favorite snack of Vraja and Gita and our members, in addition to the picture report.

Outreach Programs

TRAVEL .............................................. $ 3790.70
VEHICLE MAINTENANCE ......................... $ 2272.03
PHONE ............................................ $ 700.00
MISCELLANEOUS ................................ $ 300.00
TOTAL ............................................... $ 7062.73

SUMMARY:

ISCOWP's trip to Belarus during the month of July, 1994 was the highlight of the Outreach Program department for this year. The benefits of this trip are contained in the Fall, 1994 ISCOWP News chronological report as well as in the video ISCOWP Travels To Belarus.

Advise, literature, resources, hands-on as well as academic instruction, and relevant discussions have been distributed to approximately 18 foreign countries such as Austria, Belgium, India, Israel, Latvia, Malaysia, Sweden, Turkey, etc., as well as ISKCON farms and other locations within the U.S.A. Although travel and postal service have been used, this networking has been greatly facilitated by the COM/LINK cow conference and personal e-mail. Membership in the cow conference has increased to a steady 90 members but the potential of telecommunication in developing a cow protection network has just begun to be explored.

General & Administration

OFFICE ............................................. $ 2647.99
PHONE ............................................. $ 2275.66
TOTAL ............................................... $ 4923.65

SUMMARY:

At present the ISCOWP office is located in Eiland, North Carolina. This is a long-distance telephone call from Sandy Ridge, North Carolina where the Seed to Sustenance Land Project is located. Due to the necessity to coordinate office affairs with agricultural affairs, phone calls are made on a regular basis. This is an expense we would like to do away with by moving the ISCOWP office to Sandy Ridge.

We presently hold 3 1/2 acres here in Eiland and wish to sell this property to give us the finances to move to Sandy Ridge. If anyone is interested in purchasing this property and needs to know details please contact us at the ISCOWP office (address and phone number on back of this newsletter). We feel this move would be a tremendous boost to the efficiency of our project.

INCOME

CONTRIBUTIONS ................................. $23449.52
MEMBERSHIP FEES .............................. $ 2595.00
SERVICES PERFORMED ......................... $ 2899.00
MERCHANDISE SOLD ........................... $ 1662.21
TOTAL ............................................... $30605.73

ISCOWP's success is due to your help. Thank you!

SPRING 1995  THE ISCOWP NEWS
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(3/94-2/95)

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**Spring 1995 - The ISCWP News**
as you described could turn Gita Nagari's unproductive herd into a transcendental natural resource gold mine and do genuine wonders for the community! They have 99 cows and oxen more than happy to provide unlimited raw materials for such a process. What, specifically would be involved in such an undertaking?

I assume we would want to make something small to test the process. Has this already been tried there? If so, is there anything we could fix and try again?

Bhakti-Tirtha Maharaja is very enthusiastic about doing as much as possible for Gita Nagari, and this kind of project could bring great interest and curiosity to the community, as well as helping those poor cows and oxen feel more like contributors to society. Besides, what do you think having a state-of-the-art methane digester-farm community on display in Pennsylvania could do for the "Increasing worldwide reputation" petal? Perhaps I'm getting a little too excited, but I'd really like to discuss concretely the possibility of making a test digester up there so that a proper study & proposal could be made to the leaders. Maybe it's just a dream. Maybe not.

ISCWDP REPLIES (4/9/95)

In response to Aja Prabhu's letter of April 6th, we do not feel you are getting overly excited about the preaching potential of a self-sufficient community practicing lifetime cow protection, utilizing the oxen for growing its foodstuffs and utilizing the bovine manure in an ecologically efficient and beneficial way.

Milk, labor to till the fields and dung are some of the major contributions of Lord Krishna's most beloved animal, the cow.

No, there was no methane digester built at Gita Nagari. Many years ago our idea for a methane digester at Gita Nagari was negated. The original idea was to have a good size digester at the barn but the question arose as to how to transport the gas to the needed areas of the farm. Problems with cost, etc., became evident. The next idea we had was to have smaller digesters at designated needy spots, i.e. kitchen, etc. Then there is created an occupation for someone of moving the manure to the various digesters.

More on that on the next installment. This installment will be confined to the building of a small digester servicing the dung of approximately 4 cows. This is a somewhat abbreviated explanation; the full explanation with diagrams can be found in the same book reference given in the last installment.

Also this explanation is from Sharon & James Whitehurst who took instruction form the authority on the subject, Ram Bux Singh.

"A plant like ours is not a major feat of engineering, and we think that most experienced do-it-yourselfers should be able to build one following our instructions and diagrams. We should warn you, though, that some experience with welding and cutting metal is necessary: we used a 180-ampere arc welder and acetylene torch.

Physically, the bio-gas plant consists of a tank to hold wastes, an agitator, and a gas dome, which slides up or down on a center guide pipe according to the volume of gas within. Most of the materials for constructing the unit were purchased at a local salvage yard. The cost for the entire plant, including materials, some outside labor, and the excavation of the site, came to between $600 and $800.

The Tanks

For the main tank of our digester we used an old iron boiler 5 1/2 feet in diameter and 16 feet deep. Any sturdy container of this approximate size will do as well, so long as it will hold liquid without leaking. An old gasoline storage tank would be fine. The main thing to remember if you use a different-sized tank than ours is to build your gas dome at least 6 inches less in diameter than the diameter of the tank so the dome will not bend. If it does, the pressure of the gas will force itself out and escape into the air. Our boiler cost $200 and was the largest single expense involved in the project. (Both ends were out of this boiler when we acquired it; if you find one with one end on, go right ahead, no problem).

We welded two cross braces across the tank—one at a depth of 4 1/2 feet from the top. We positioned these slightly 1 1/4 inches off the center, as their purpose is to hold a center pole in place. The center pole is a 2 1/2 inch pipe centered in the tank, bolted to the cross braces, and extending 4 feet above the top of the tank.

Next we attached the heating coil. This coil allows waste hot water from bathtub, washing machines etc., to be carried out to the tank via a hose, and circulated around the tank. The hot water helps to keep the tank warm in cooler weather. (The optimum temperature for digestion is 95 degrees F). We then welded 6-inch braces of angle iron in a circular pattern of a 6-foot intervals around the lower half of the tank to support the heating coils. We bought approximately 55 feet of 2-inch galvanized pipe for the heating coils. We had to take the pipe to a local plumber who bent it into a 4 1/2 foot spiral form.

The discussion continues for another two paragraphs on the construction of the tanks, then the gas dome, the agitator and the location and assembly receive a few paragraphs each. So, more later.

From: IFAST (Inst. for Applied Spiritual Technology)(Aja das)
Date: 10-Apr-95 23:36 EDT
Reference: Text 85004 by ISCWDP (Balabhadrata Dasa & Chaya Dasi)
To: Cow (Protection and related issues) [468]

Subject: dung

Thank you for answering with such detail (and for confirming that I am not overly excitable <g>).

Your most recent text raised at least one most important question.... How do you store & transport methane? It seems rather dangerous, especially if one is fabricating his own containers. Is bottling in small, convenient quantities practical? How about pipelining?

Please share your experiences and recommendations in these areas. Thousands upon thousands of thanks!

continued next issue
LAKSHMI'S KITCHEN

Those of you who have some experience with gardening know that zucchini grow very easily. In fact one has to be very careful not to plant too many since they grow so well and produce such an abundance. The gardener who makes the mistake of planting too many zucchini will be looking for a variety of ways to cook them. Whether you have too many zucchini or just enough, this sweet bread recipe which is popular in our home, will be well liked.

ZUCCHINI BREAD

PREPARATION TIME: 15 minutes
COOKING TIME: 60-70 minutes
YIELD: 2 or 3 loaves

Ingredients
2 2/3 cups sugar (brown or white)
2/3 cup shortening
3 cups shredded zucchini (about 2 medium)
2/3 cup water
3 tablespoons yogurt
3 1/3 cups all-purpose flour
2 teaspoons baking soda
1 1/2 teaspoons salt
1 teaspoon ground cinnamon
1 teaspoon ground cloves
2 teaspoons vanilla
1/2 teaspoon baking powder
1/2 cup coarsely chopped nuts
2/3 cup raisins

Heat oven to 350°. Grease bottoms only of 2 loaf pans, 9x5x3 inches, or 3 loaf pans, 8 1/2x2x1 1/2 inches. Mix sugar and shortening in 2 1/2 quart bowl. Stir in zucchini, water and yoghurt. Mix in flour, baking soda, salt, cinnamon, cloves, vanilla and baking powder; stir in nuts and raisins. Pour into pans. Bake until wooden pick inserted in center comes out clean, 60 to 70 minutes; cool 5 minutes. Loosen sides of loaves from pans; remove from pans. Cool completely before slicing. Produces 2 to 3 loaves (24 slices each): 125 calories per slice.

Barn Update

The hayloft floor system has been put in place. 2" by 6" by 16' floor joists were put into place and nailed down. This runs the entire side of 64' - one side of the barn. The plywood we used for the floor is 3/4" thick with one good side which we used as the floor side. We did not use the construction grade plywood because we wanted the floor to be long-lasting with a smooth finish. Besides storing hay, the loft area can be used for drying herbs. Because the barn was not built on level ground we have done some excavating for the carpenter shop area, on the north side of the barn, to prepare for a cement slap.

Spring and summer are intensive agricultural seasons. Therefore our main emphasis at this time will be food production and a straw-bale building since the straw will be available within the summer months. As these seasons end and on rainy days, we will once again put our full energies into finishing the barn.

We would like to thank Ekavira das, Saddachara das and Bali Maharaja das from the Institute for Applied Spiritual Technology (IFAST) for their help with constructing the hayloft and their help in excavating for the carpenter shop. We would also like to thank all of you who have donated to the barn's construction. Special thanks is given to Gour Govinda das and family, Vanamali Pandit das and Dan Duer for their generous donations to this project.

Geeta Press

We have recently received (registered mail, receipt requested) from Gorakhpur, India, a one inch thick publication from Geeta Press in which we have an article entitled:

Bhakti -vs- Karma
Ox-Power -vs- Tractor
An American's View

This article is very similar to our article; The Petrol-Powered Tractor, an Implement of Destruction which appeared in the BTG and the Spring 1994 ISCOWP News. The difference is that there are many more ecological, environmental and spiritual facts included. Also it is presently in high-level Hindi which we cannot read. In fact the entire publication is in this format. So if any of our members have the ability to read Hindi please let us know.

Many of you have visited India and are aware that in that country Geeta Press is practically a household name. In any Indian bookstore you will find publications by Geeta Press. We have been told by Laxmi Narain Modi, Managing Trustee of the Bharatiya Cattle Resource Association, that special publications like these (ten years ago Geeta Press printed a similar special edition on cows) are kept for prosperity by those who purchase them. We are very proud to be represented in such a publication.
The International Society for Cow Protection

The International Society for Cow Protection (ISOWP) 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 ISOWP'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 ISOWP 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.

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

The tenets of cow protection and ox power are universal and nonsectarian, available to all regardless of race, creed, or nationality. All donations are tax deductible. ISOWP's tax# is 23-2604082. For more information: ISOWP, 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 ISOWP NEWS

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

FORWARD AND ADDRESS CORRECTION

Saved From the Slaughterhouse