THE ISCOWP NEWS

The Quarterly Newsletter of THE INTERNATIONAL SOCIETY FOR COW PROTECTION Summer 1995

Memorial Day Seminar

During the Memorial Day weekend in May, ISCOWP gave classes and demonstrations at New Vrndavana on the "why" and "how" of ox-power. Howard Lyman, director of the Humane Society of the United States' Eating With Conscience Campaign and former executive director of the Beyond Beef Campaign attended (see page 5). The top picture shows some of the participants at one of the ISCOWP ox-plowing demonstrations. Radek Kolar (Bhima das) pictured between Vraja and Gita is a citizen of Czech Republic. He was participating in a program hosted by the U.S.A. government for outstanding, third world, charitable organization leaders. His work supports the ISKCON Czech Republic farm. Another participant, Bob Roberts, took the photo.

The picture below shows Bhaktain Sara and her team Jaya and Nandi. She is presently among 6 other committed teamster trainees. Actually, our goal for this year (8/95 - 8/96) is to train 12 teamsters and 21 oxen. There are presently 3 teamsters and 5 oxen at new Vrndavana receiving instruction from Balabhadra das. Jaya and Nandi are the most advanced in training and after 3 weeks they have mastered the voice commands and are now pulling small logs. Bhakta Jeremy and his ox Pita have learned up to the command "Whoa." (please refer to pages 6, 7, and 10 for more details).

We are enthused that the increased numbers of teamsters and trained oxen is a most positive step forward in establishing ox-power as an alternative energy and a means of showing the usefulness of the bull - therefore negating slaughterhouse practices.

ISCOWP to Train 12 Teamsters and 21 Oxen by August 1996

LETTERS

MOO, Milk Outrage Organization, INC.

I came across your Spring, 1992 newsletter last evening and had to write to you to thank you for what I read. I hope you are still in the Oxen/farming "business." Your newsletter was the gentle, sane news of the day, if not the year!

MOO is informing consumers about the hormones some dairy farmers are injecting into their cows. We have been working with the Chicago school system for over a year and as of January, we got all the liquid milk to be certified hormone-free. Now, we are concentrating on the butter, cheese, and beef which are most likely to be made with the hormones and from the USDA. I don't know if you know about how the cows are treated and getting sick after 3 or 4 years with this hormone. It's horrible.

What many people don't seem to understand yet is that people, children included, are being affected, too. They seem to be getting the same diseases that the cows are getting. No surprise, right? We've also learned how big money (Monsanto Corporation) has big PR firms working for them to try to push the hormone, Posilac, onto (into?) Americans and into the European and Canadian markets. Monsanto seems to have the FDA doing what they want. At the very least, in our democracy, the products should be labeled. The consumer has the right to know what he is eating. Unfortunately, only 5 states have synthetic bovine growth hormone (rBGH) labeling laws.

If more people would stop buying from fast food corporations, and buy locally from farmers who do not inject their cows, we would be in much better shape.

Just wanting you to know that I appreciate finding out about your work. I hope you are all fine and look forward to reading your next newsletter. There are others after 1992, aren't there?

Insisting on better nutrition for our children,

Kathleen J. Cummings
President
Milk Outrage Organization, INC. (MOO)

University of Hawaii, HILO

I recently received a copy of your Winter 1994 newsletter from Mr. David Peterson (Dayal Chandra das; the main natural curd and yogurt supplier on the Island of Hawai'i) and was impressed by your publication and ambitious goals. The articles on straw-bale construction and ox-power were great.

I teach sustainable agriculture and soil science courses at the undergraduate level, and direct our program in agroecology and environmental quality. I would like to obtain a copy of your video on "training oxen by voice commands" to share with my students and any future/back issues of ISCOWP NEWS that you can provide. In addition, please send me information on other ISCOWP agricultural videos/publications, and ISCOWP/ISKCON farms and their addresses.

Bruce W. Mathews
Assistant Professor
Agronomy & Soils

Yugoslavia

Recently, I was in our temple in Beograd, I found your address in BTG from July/August 1994. I refer to you herewith because I need help.

I have been trying to become a devotee of Lord Krsna, i.e. of his representative H.D.G Harikesa Swami Sri Visnupada for nine years through following the process of bhakti-yoga and Srila Prabhupada's and my spiritual master's instructions. In the territory of old Yugoslavia, my husband and I bought a nice little cow, since we live in a house and have three children. Immediately after that I learned from the temple president in Beograd how foolish and ignorant I was, and what the consequences of having a cow are. Our cow, Sjamala, calved a bull calf, and as my spiritual master told me I had to take care of my animals until the end of their lives and that was my responsibility. I did not realize at once the greatness of my spiritual master's mercy, but I knew on the spot that I will follow his instruction no matter what happens.

After consulting the authorities in Beograd, I learned that in the near future there is no possibility for establishing a farm in Yugoslavia, and that they are not in a position to help me. I also did not obtain the approval for registration of one humanitarian organization for cow protection, on the basis of which I could preach to the people on the importance of the cow and bull and raise funds for a future farm. The only service I was able to attain was to work on the establishing of one vegetarian society where we could maybe have a section of animal protection with emphasis on cow and bull protection.

I tried also to give Sjamal and Nandi in donation on the Hungarian Farm, but they are also not in a position to take them, as they are a busha breed. In the meantime, my husband, who is not a devotee, decided that he does not want to have them any more in the house, since it is difficult for him to do all the work for them, and that I have to give them away as soon as possible. I found a man on one little farm about 100 km from our town who is willing to have them on his farm, under the condition that I cover the costs for feeding, which is approximately DEM 500 per year, as long as I do not solve this problem in some other way. I do not work outside, I left my job 4 years ago, so that I really have to find out the best way to collect the funds and fight for their lives and their future.

In this connection I would like to ask you first of all for your blessings and for guidance in a form of information about the aims and programs of ISCOWP, some printed material about this subject matter, your experience re. collecting of donations, way of preaching and everything you think that could inspire me and be arms by which I could fight for Sjamal and Nandi's lives and the fulfillment of my Guru Maharaja's instruction.

I would also like to thank you for being so dedicated to the wish of Srila Prabhupada, for your steadiness and example, which is in itself a great help for us who are on the very beginning of engagement in this very grave and responsible part of Bhakti-yoga.

I hope this meets you in good health and a happy serving mood.

Magdalena Ristic
Patrigarha Rajacica 43
Yugoslavia

ISCOWP REPLIES

Taking care of cows is like having children. Sometimes it is hard but never a burden. Without taking care of the cows and bulls how can we show the example of cow protection?

How old are your children? Can they help with the daily care so your husband doesn't have to do all the work. Is your cow giving you any milk now ? If she is you can of course use the milk for household purposes and you can sell the excess.

How big is the land around your house? Are you growing vegetables for your family? There will be dung everyday from your cow and her bull calf to put in your garden to make the soil healthy. If you have too much you can trade with another person for something you need ,or you can sell the dung for money.

Are the small farmers using tractors or horses in your area? How big will Nandi get? If you can find someone to train Nandi for working, he can plow and haul loads. How do you heat your house in winter? With wood? Where do you get the wood? Nandi can haul logs out of the forest. If he is trained to work he can earn his keep and yours. The bull is the father. If the father doesn't work the family will be poor and poverty will come. Srila Prabhupada has said we must show the usefulness of the bull and then people will stop eating him.

If you give the cow and bull away to the small farmer at 100 km and must pay him DEM 500 per year, that is not good. Your cow and bull are gone (sources of milk and power) and your money is going also.

By all means develop your vegetarian society. In regards to fund raising for your cow and her bull calf we have a few suggestions. Maybe you could do a program like Adopt a Cow. This program could be attractive to your devotee friends as well as non-devotee friends. All participants could give a donation monthly or weekly and you could give them some monthly prasadam (foodstuffs offered first to Krsna) gift in return. At Gita Nagari we would give burfy (a milk sweet) made from the cow's milk; at ISCOWP we give oatmeal-chip cookies which are our oxen's favorite treats. You could have several people adopt the same cow, so she would have several parents. You could give them a nice picture of their adopted cow to keep in their home, and you could give a monthly picture report of the cow's activities.

You can emphasize that they are saving the cow from slaughter by contributing to her care. You have to figure out how much it costs you to keep her for a year and then figure how much you would need a month. Then figure how much you want to ask from each person. Make it a personal thing with them.

We usually collect for different projects we do to develop ox-power and show its example. Enclosed in this package is one newsletter that has a fund raiser. This will give you some idea of what we do. Also our latest newsletter is enclosed which is our annual report along with some of our pamphlets.

We purchased a professional book on the subject of fund raising and work from that. There are methods to fund raising which took us some time to learn, and we are still learning. We will put you on our mailing list and continue to send you our newsletters. Each newsletter usually has a fund raiser in it, so we hope the newsletters will help you.

We pray that these suggestions help you and you are able to care for your cow and bull calf. If you have a computer or know anyone with one you can reach us through e-mail on the COM/LINK ISKCON computer system. Our e-mail address is ISCOWP @ISKCON.com. Also we have a cow conference on the COM. With almost 100 members in 18 countries. We could communicate very quickly through this method.

Please don't look at this as a problem and a burden, but as an opportunity to preach to your area residents the importance of the cow and bull. Remember Krsna is a cowherd boy!

Santa Cruz, CA,

I read with great relish the article "A Day With the Oxen" in the BTG! I have artistic inclinations and talents, and have sold some artwork, yet I was so struck by the harmony revealed through Vedic farming, that it is becoming more noble in my mind than artistic endeavors!

So much value has been given to the role of the artist in society to inspire, heal, and enlighten; this is true, yet art doesn't seem to me to be the highest occupation anymore.

The noblest profession, as you quote Prabhupada saying , is not art, but agriculture!

It's a real topic of interest to me to see just what, in Western culture, is man's plan and invention, and not God's plan. Would Krsna want the world to go back to the bullock cart entirely, and dispense with the technology for transportation, vaccinations, dentistry, hospitals, communication, etc.? I ask this sincerely, in some bewilderment as to what God considers a good life on the planet (how about refined foodstuffs, white sugar, flour, rice?).

I love cows, too, and how nice that the writers of the article run ISCOWP! I only wish there was a Vedic farm in CA!

Please know that I support you in your days with the oxen, and thanks again for a most relishable article!

I'm 43, and chant 16 rounds a day and keep the 4 regulative principles (no gambling , no illicit sex life, no intoxication, and no meat eating). I attend the Sunday feast here in Santa Cruz. If there's any service that you need done, please don't hesitate to ask if I can help!

Janis Podesta
Santa Cruz, CA

ISCOWP REPLIES

We are so glad that you appreciated the article "A Day With the Oxen" in the BTG.

Srila Prabhupada instructed us that practically everything can be used in the service of Lord Krsna. The true spiritual value of any activity is

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BIO-GAS PLANT

Information from ISCOWP's LINK/COM Cow Conference

Aja Prabhu has asked certain questions; "Your most recent text raised at least one most important question concerning methane digesters or bio-gas plants. 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?"

The following excerpt from a book we highly recommend on the topic should answer most if not all, these questions. The book is ; BIO-GAS PLANT, Generating Methane From Organic Wastes & Designs With Specifications, by Ram Bux Singh, Gobar Gas Research Station, Ajitmal, Etawah (UP) India, 1975. This book is currently being printed by MOTHER'S Print Shop. P. O. Box 70, Hendersonville, N.C. 28739, USA.

"Gas is collected in the small plants and in the two stage large plants by means of a metal drum inverted over the surface of the fermenting slurry. This is free to rise and fall inside the tank as gas accumulates and is withdrawn. The sides of the drum are inside the slurry, which seals it from the air and prevents the gas from escaping. The weight of the drum provides the pressure which forces the gas out of the tank (through a small valve hole in the top of the drum) to its point of use. The drum might have to be counterweighted. On a 5' diameter plant the surface area of the slurry is about 2,827,44 square inches (2.5 times 2.5 times 3.1416 times 144). A gas holder for this size plant might weigh about 550 pounds, which means it exerts only about .2 lb. per sq. in. of pressure on the slurry surface. The radius of the drum should not be more than 3' smaller than the radius of the digester so the minimal slurry is exposed to the air. In a two-stage gas plant, the gas collector over the secondary digester will not have to be very large as compared to the primary digester's collector. If gas is to be used regularly, the collector of any gas plant can be as small as 50% of the total daily production. If the gas will only be used at irregular intervals, the holder should be large enough to accommodate accumulation during the
off period.

.....The drums should never be counterweighted so much that they are at negative pressure with respect to the atmosphere. This will cause air to enter any leaks in the line and travel back towards the digester. Oxygen will destroy the anaerobic conditions inside. More serious is that the methane/air mixture might become explosive. Gas lines (yes, Aja Prabhu pipelining is a means of transporting the methane gas) should not be longer than 100 feet from a holding tank. They should be at least 1" diameter for small plants and 2" or 3" for medium or large plants. If it is required to take the gas more than 100 feet from the plant, a separate water-sealed gas holder should be installed every 100"-125" along the way. Gas may be transferred from one to the next with valves opened going forward and closed going backward. This will force the gas from drum to drum towards the place it will be used. The intermediate tanks can be quite small as they will never be called upon to hold very great quantities of gas at a time. This system can be clumsy if gas must be transferred very great distances: for this, a special gas pump should be installed. "

Another good resource on the subject is (Hare Krsna dd has given us this one): Updated Guidebook on Bio Gas Development, Energy Resources Development Series, no 27, United Nations, New York, 1984-Economic and Social Commission for Asia and the Pacific, Bangkok, Thailand. We will give information on bottling the gas in the next installment

Yrs,
Balabhadra das & Chayadevi dasi

(Before we submitted another entry Vyapaka Prabhu submitted the following interesting facts.)

Text 86433 (52 lines)
From: Internet: Robert Cope <vyapaka@gmgate.vircom.com>
Date: Tuesday 13:36 WET
To: Cow (Protection and related issues) [476]
Subject: dung

During the growing season I am employed as a farm inspector in the organic foods industry. I verify that the farmers are growing according to established organic standards. In these standards there is some mention on the use of slurry, i.e. the byproduct of manure after it is being stored in an anaerobic (without air) situation which is the situation with bio-gas digesters. Here it is stated that:"The composting process is much more difficult with liquid manure (slurry systems). While liquid manure can be valuable as a soluble fertilizer for spurring plant growth, it may have a long term deleterious effect on soil health. This slurry can be mixed with dry organic materials for composting, or aerated with an additional carbon source to create a more stable, biologically active product...". Off the top of my head I cannot describe the effect of slurry on soil health, but it is something that I would encourage anyone who is considering digesters to research.

Respectfully,
Vyapaka dasa

P.S.

I just picked up the winter issue of "Sustainable Farming" and there was an article there entitled "Building Biological Integrity Can Boost Farm Financial Rewards" by Jeff Quinn.

Jeff was quoting a long time organic farmer in Michigan, Joe Scrimger, and the article touched briefly on anaerobic and aerobic decomposition. I thought that those considering the use of biogas digesters may find it of interest.

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ISCOWP Meets Howard Lyman

Howard Lyman is the director for the Humane Society of the United States' "Eating With Conscience" campaign

During this year's Memorial Day weekend in May, ISCOWP set up a cow booth and gave seminars on the "how to" of ox-power at New Vrndavana's Festival of India. New Vrndavana's Goraksha Seva office, headed by Nrsingha Chaitanya das, invited Howard Lyman (one of the main spokesmen for the Beyond Beef campaign and the director of the Humane Society of the United States' "Eating With Conscience " campaign) and Geoffrey Guiliano (the original Ronald McDonald and now a devotee of Lord Krsna) to speak at the festival.

Howard Lyman travels widely giving lectures on the benefits of a vegetarian diet and organic sustainable agriculture. The speech he gave at New Vrndavana was most inspiring and impressed many of the guests. He is always ready to speak at various functions and can be reached at 301-258-3054 for this purpose.

At a Memorial Day ox-power seminar, Vraja & Gita meet Howard Lyman.

During their 2 day stay, both Mr. and Mrs. Lyman spent much time with Balabhadra das, Chaydevi dasi, and their family discussing similar experiences and realizations concerning farming and cow husbandry. Vraja and Gita (ISCOWP's oxen) were the objects of attention and affection from the Lyman's as well as other visitors at the festival.

Actually, we first met Howard Lyman through the Beyond Beef campaign of which we became a coalition member. Our interest in Mr. Lyman was based on his position in support of the small American family farm. He has written ,"We need to make a transition from feed to food production by rewarding the nation's small farmers with higher prices for growing food for people instead of feed for livestock. Efforts by progressive farm organizations to establish fair prices for corn, wheat, and other crops have been consistently blocked by the giant agribusiness corporations that feed cattle in huge feedlots. The owners of these "beef factories" want to pay the lowest possible price for feed, and they don't care how many small and medium-sized family farmers go out of business or which rain forest gets destroyed. Their only concern is maximum short-term profit."

Howard Lyman offered his help to both ISCOWP and New Vrndavana's cow program. We are looking forward to a productive and long-term relationship with him. The following information was sent to us by his office as his personal statement for our readers.

"As a forth-generation family farmer in Montana for almost 40 years, I speak from a background of personal experience when I say that chemically based agricultural production methods today are unsustainable and therefore ecologically disastrous. My experiences range from working in a large organic dairy to raising registered beef cattle to owning a large factory feedlot. I have farmed thousands of acres of grain and have reproduced a herd of over one thousand commercial beef cows. In addition, I have raised chickens, pigs, and turkeys. I have also grown crops such as wheat, barley, oats, corn, alfalfa, and grass.

I was involved in agriculture at a time when the message was, get bigger and better or get out. I was educated in modern agriculture, and I can tell you from first-hand experience it is not sustainable. I followed all the modern advice and turned a small organic family farm into a large corporate chemical farm with a thousand range cows, five-thousand head of cattle in a factory feedlot, thousands of acres of crops, and as many as thirty employees. I saw the organic soil go from a living productive base to sterile, chemical-saturated mono-cultural ground because of my so-called modern methods.

In 1979 I was paralyzed from the waist down due to a tumor on my spinal cord. That changed my life forever. I had a slight chance through surgery to walk again. I promised myself that, whatever the outcome of the surgery, I would dedicate the rest of my life to doing what I believed to be right. Convinced that the modern agricultural methods I used on my farm were ecologically disastrous, I decided to become a voice for the fam

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The Importance of Ox-Power at New Vrndavana

New Vrndavana was the first farm community established by ISKCON. It consists of 4000 acres of rolling countryside.near Moundsville, West Virginia. Actually, New Vrndavana is an incorporated village and can be found on your road map.

As early as 1/12/68, Srila Prabhupada, the Founder Acharya of the International Society for Krsna Consciousness (ISKCON), wrote to Kirtananda das, at that time the leader of the New Vrndavana community, "We shall have to live there self-independently, simply by raising cows, grains, fruits, and flowers."

In 3/30/69 Srila Prabhupada wrote to Satyabhauma dasi who was living at New Vrndavana, "If we can keep cows sufficiently and grow our necessary foodstuffs, then we shall show a new way of life to your countrymen-completely spiritual life in healthy atmosphere in divine consciousness."

In the early years of New Vrndavana's development these instructions were followed seriously and taking care of the cows, oxen, and bulls occupied a large part of the everyday lives of its residents. H. H. Radanath Swami who is now managing New Vrndavana with Bhaktitirtha Swami, spent 10 years, caring for the cows. Gargarishi das, resident of New Vrndavana for 20+ years and a member of the New Vrndavana managerial board, remembers rising early in the morning, before attending the temple's spiritual program to gather the cows for milking. After milking he would attend the temple program and then go out again to the cows to feed them. He said, "My life was very simple and blissful.I took care of the cows and attended spiritual programs. I was quite happy."

H.H Varsana Swami, Balabhadra das, and H.H. Radhanath Swami at Madhuvana Farm.

H. H. Radanath Swami explained that the emphases switched from caring for the cows to building Prabhupada's Palace (also known as the Palace of Gold). This magnificent architectural building, constructed by the residents of New Vrndavana in honor of their spiritual master, Srila Prabhupada, has been one of the biggest tourist attractions within the state of West Virginia and continues to attract bus loads of visitors.

As time progressed, things changed, and the cows were cared for with a commercial dairy concept which is quite opposite the vedic cow protection concept instructed by Srila Prabhupada and described by H. H. Radanath Swami and Gargarishi das. At first glance to our western minds the commercial dairy seems quite harmless. Actually, the western dairy program is dependent on slaughtering the bull calves and unproductive cows. Within this program there can be no profit unless the unproductive members of the bovine species are eliminated. Also the cow must be bred regularly, once a year, to keep her milk production high. Therefore there are bull calves in abundance who eventually must be slaughtered because they do not produce milk and are considered useless.

The realities of the western commercial dairy program were not thoroughly understood and since slaughtering any members of the bovine species at New Vrndavana was out of the question, there is now an over-abundance of cows, oxen, and bulls (280 cows, bulls, and oxen).

It is the desire of the present New Vrndavana managerial board to once again follow the instructions that Srila Prabhupada gave in the early development of New Vrndavana. Therefore, instituting ox-power is the beginning of turning the cow program into a truly vedic cow protection program. Utilization of the bulls and oxen negates the necessity for slaughtering them and turns their "useless" existence into one of usefulness.

Not only is following a vedic cow protection program in-tuned with Srila Prabhupada's instructions for New Vrndavana it is also attractive to many of the American youth. H. H. Varsana Swami, who is spearheading the ox-power self-sufficient village at New Vrndavana, has attracted young disciples to simple living based on the cows and land. They were already seeking a more natural way of life. And through.H. H Varsana Swami they heard Srila Prabhupada's in

structions, consequently they became convinced and enthused to take up this lifestyle.

According to H. H. Varsana Swami, Srila Prabhupada had a vision for New Vrndavana. He wanted it to be very much like Vrndavana, India. Anyone who has visited Vrndavana can testify that a majority of the transport is conducted by oxen and bulls, and almost all the agricultural activity is performed by ox-power.

To help accomplish the materialization of Srila Prabhupada's vision for New Vrndavana, ISCOWP , remaining an independent non-profit charitable incorporation , will be working in cooperation with New Vrndavana. Balabhadra das, director of ISCOWP, is presently training 3 teamsters and 5 oxen at New Vrndavana. Bhaktin Sara, an aspiring disciple of H. H. Varsana Swami has selected Jaya and Nandi out of New Vrndavana's herd and has begun training with her team under Balabhadra's instruction. Bhakti Jeremy, also an aspiring disciples of H. H. Varsana Swami, has selected Pita out of the herd and has begun training. Brikasanga das has selected an older team of oxen, Nsringhadeva (Dave is his working name) and Tilac. He has begun to wean them of some bad habits with a relationship of love and trust. Some of the others committed to training are: Tripada das and son Balarama have chosen one ox named Bhima, Bhakti-seva das has chosen Bali, and Gaudiya and Bhakta Dave have yet to choose their teams. (Please refer to page 10 of this newsletter for more information.)

Bhakta Jeremy and his ox Pita know up to the command "Whoa."

Actually, our goal for this year is to fully train 12 teamsters and teams. This not only means training the oxen to voice commands; it also means training them to be competent in all the aspects of field work. You might say the field work can be divided into seasons; spring is the time for preparing the earth for planting, hence plowing, disking, harrowing, and planting; summer is the time for cultivation and harvesting of crops; fall is the time to plow for winter cover crops and plant them, and winter is logging.

And, in time, there will be irrigation systems, oil presses, grinding stones to turn, and hauling of different crops from the field. To come full circle with ox-power will take on-going training of teamsters and teams. So, you can see there is a lot to learn (approximately one year of training) before one becomes a "working" teamster with a team.

We envision several teams of oxen working at Madhuvana Farm. And, as you remember from our letter to you of July 7, the location of Madhuvana Farm (on the only accessible road to the Palace which attracts bus loads of visitors) will allow the working oxen to be viewed by many people. Thus Srila Prabhupada's vision for New Vrndavana will begin to materialize and untold numbers of people will be reminded that the bull has a purpose other than becoming the hamburger on their dinner plate.

Bhakta Dave trains with Jaya and Nandi until he chooses his own team.

Seed to Sustenance

In the month of May, 3000 sweet potato plants were planted at Sandy Ridge, North Carolina. As you can see they are growing nicely. In the beginning of the growing season we experienced drought conditions. Then there was a record rainfall. These weather conditions proved detrimental to some crops but not to the sweet potatoes, rice, and rye pictured on this page. The sweet potatoes will be mature in November at which time we will harvest them.

In the background of this picture you can see teamster Balabhadra leading Vraja and Gita as they pull a sickle-bar mower. Baladeva is sitting on the mower's seat as he adjusts its blades. The area being mowed is a pasture area that over the last 3 years has begun to produce nice grass. This is an example of how when you continue to mow the weeds become less numerous. In the right foreground you can see the rice in its early stages of growth. In the left foreground can be seen the matured rye which was planted in the fall of 1994.

Here we can see dry land or upland rice growing very nicely. This rice was planted from rice seed saved from last year's experimental plot. The plot this year takes up 1/3 of an acre. The sweet potatoes pictured at the top of this page cover a 1/3 of an acre and the rye 1/4 of an acre. As you know the land was prepared for planting by ox-power. The rye was also planted by the oxen with the use of a three row grain drill. The rice pictured will also be ready for harvest in November.

BIO-GAS PLANT

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ENCOURAGING HEALTHY SOIL

"Scrimger said one of his goals is to activate the soil biology to produce a more dynamic, effective efficient response to changing growing conditions. The concept of biological integrity implies completeness, balance and vitality in the organization and function of a living system. A healthy soil will naturally help buffer the crops from moisture and nutrient deficiencies while conferring disease and pest resistance without the need for purchased inputs.

Scrimger's focus is on encouraging proliferation of the soil's living organisms. He believes that 'probably the reduction in the diversity and biomass of soil biology is the current situation in agriculture that has cost farmers more than anything else in terms of production efficiencies. Soils typically have one or two tons of total biomass per acre, but they should have more like five to six tons,' said Scrimger.

To improve the soil's carrying capacity for living organisms, the basic needs of air, water, food and shelter must be addressed.

ENHANCES SOIL'S ABILITY

Scrimger's fertility program for his soil starts by getting adequate calcium to release and be available for life processes. The flocculating (fluffing) effect of adequate calcium, or the base exchange of the soils, enhances the soil's ability to 'breathe,' he explained. 'Getting oxygen in and carbon dioxide out supports aerobic activity, but this occurs only to the depth air can penetrate the soil profile. Aerobic digestion of crop and cover crop residues is inherently more efficient than their anaerobic breakdown,' said Scrimger. Scrimger's ultimate goal is to maximize the assimilation of carbonaceous residues into stable humus, which in turn will also support a larger biomass.

'The inclusion of anaerobic decomposition anywhere in the farm productions system will short circuit the long term profitability of the farm,' he emphasized. Citing anaerobic manure storage as an example, Scrimger explained that even though more of the nitrogen is 'conserved' as opposed to composting, this nitrogen is mostly in inorganic water soluble form. Heavy losses from leaching, particularly at the time of application only creates pollution and waste.

SHIFTING SOIL BALANCE

'Any surge of nitrogen release in exess of 70 lbs. per acre will negatively shift the soil balance and favor weed proliferation at the expense of crop vigor,' cautioned Scrimger. In contrast, organically stabilized nitrogen in association with the humified carbons of good compost are basically non-leachable, yet available to the plant over the entire growing season,' he said.

'The expression of biological efficiencies can only be achieved under a balanced fertility program where excesses, particularly, of nitrogen and potassium are avoided,' said Scrimger. It only makes sense to have the nutrients available at the time the growing plant really needs it but often the natural release mechanisms are made dormant with heavy fertilizer applications at planting time, he said."

Of course, Scrimger is not referring to applying small quantities of biogas digester slurry on the farm but it is still best that caution should be taken on the rates of application for the slurry. It seems that the organic standard's suggestion of mixing the anaerobic slurry into the traditional compost pile as mentioned in my previous submission may be wise advice. Certainly, biogas digesters can play an important role in fulfilling a community's energy needs.

LETTERS

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that it is offered to Krsna with love and devotion. Therefore on a spiritual level your artwork and our agricultural products are equal. Also, higher technology, i.e. transportation, hospitals, and communications also has a spiritual value when offered to Lord Krsna and used in His service.

However, since we are not so spiritually advanced and easily distracted from the spiritual path, Srila Prabhupada has recommended the "simple life" to achieve "high thinking." Respect for life, the land, and the natural growth and wonder of the vegetables and grains, brings one closer to God. There is not much confusion or complexities in these practices to distract us from our spiritual path, and there is great peace to be had living close to the earth and the cows.

The use of ox-power, instead of petroleum powered machinery brings us closer to the earth and helps us to become independent of the monstrous industries that support hellish life and practices such as slaughtering the bull and cow and other helpless creatures. Not only does the use of the tractor and similar farm machinery support these hellish industries, removes us from the sweet smelling earth, but their use also displaces the natural occupation of the ox and the result is the farmer sends him to the slaughterhouse.

You also ask about the validity of refined foodstuffs; white sugar, flour, and rice. If one is truly living the "simple life" he is growing most of his own foodstuffs. For instance we are growing rice along with our vegetables. Therefore the foodstuffs are of good and known quality. Such refined food products are known not to be good for anyone's health. But, if there is nothing else attainable, once again Lord Krsna will accept such foodstuffs if offered with love and devotion.

Srila Prabhupada wanted us to be independent of outside help, he wanted us to be an ISKCON "society", growing our own food, making our own cloth and engaged in cottage industries. This way of life is also lauded by "the back to the land" movement as well as other groups such as the Amish.

We hope we have sufficiently answered your questions. Please feel free to inquire again.

ISCOWP Meets Howard Lyman
Continued from page 5

ily farmer and the land.The surgery proved successful and I was able to walk again.

In 1983, I sold most of my farm and started working for farmers in financial trouble. This led me to work for the Montana Farmers Union and from there to Washington, D.C. as a lobbyist for the National Farmers Union.

For five years I worked on Capitol Hill for America's family farmers. In that time we had some small successes, such as passing the National Organic Standards Act. But even after the act became law it took several years before the administration allowed funds for its implementation. I became convinced that the changes we needed had to come from the producers and the consumers at the grassroots level. Until that alliance is put into play, the big money interest will continue to control public policy in the Congress of the United States.

My goal is to see a producer-consumer alliance controlling public decisions in North America. To that end, in 1994, I joined the Humane Society of the United States as the director of the Eating With Conscience Campaign. This campaign is designed to educate people about organic sustainable agriculture and the dangers of current methods of food production. Informed producers and consumers can help by making humane choices in their personal lives.

My progress in achieving sustainable agriculture has been marked by some very interesting events. I ran for Congress from Montana in 1982 and was able to enlist over two dozen full time volunteers to carry the message through the political campaign. Although we lost (by less than 4 percent to six-term incumbent), we were able to focus the voters' attention on who was producing our food and how they were doing it. I was the executive director of the international Beyond Beef Campaign in 1992. We organized over twenty-four hundred teams consisting of over ten thousand people who handed out over one million pieces of information in one day at over three thousand separate locations around the world. This information was to educate consumers about their food choices.

While director of the Eating With Conscience Campaign, I have appeared on over one-thousand radio stations, hundreds of television stations, and have spoken to thousands of groups from small audiences to an assembly of over twenty-five thousand people at the Earth Day celebration in Oakland, California. The message is always the same: if there is to be a bright future for our children and grandchildren, it will come from consumer support of producers who work in concert with nature-organically, sustainably, and humanely.

Brikasanga das, a teamster in training, leaves the tractor for ox-power.

SPONSOR A TEAMSTER CAMPAIGN!

Internationally the need for ox-power is apparent. In many countries the cost of petrol is extreme. For increasing numbers of countries, acquiring petrol , tractor parts and implements is very difficult due to a break down and inefficiency in transport and communications.

The ingredients for ox-power can be attained on a local level, independent of outside help. Therefore, what is the most needed is the "how to" knowledge which enables the local ingredients to be used efficiently.

It is ISCOWP's goal in 1996 to train 12 teams and their teamsters. Actually this is a modest number considering the numbers that are possible. However, our campaign is aimed to collect $30,000 which is the amount we figure is needed to train 12 teams during a period of one year (please refer to page 7 of this newsletter for further details on what is entailed in training a fully competent team). We also have been invited to Perm, Russia, Czech Republic, Italy and France to train teams and teamsters.

Vanamali Pandit das (Dr. V. Mody) has pledged $3000, the campaign administrative costs. Another ISCOWP member has pledged $6000, the first 20% of the total. They are both looking forward to a successful campaign conclusion. Our most heartfelt thanks to these members for inspiring us to expand our goals for 1996.

Soon after this newsletter we will be sending out a letter explaining the details. Look for it in your mail box!

LAKSHMI'S KITCHEN

This bread contains no yeast, a good alternative for those who can not partake of yeast breads. We like to make enough for a few days and reheat before serving.

CORN BREAD

PREPARATION TIME: 25 minutes

COOKING TIME: 30 minutes

YIELD: 8 wedges

Ingredients

1 1/2 cups cornmeal
1 1/2 cup unbleached white flour
3 1/2 tsp baking powder
1 Tbsp sugar or honey
1 tsp salt
2 1/4 cups soy milk or water
1/4 cup oil

Heat oven to 400°. Put an oiled 10" iron skillet in oven to heat. Mix the dry ingredients well, stir in the milk and oil. Pour into the hot skillet (we don't have a skillet so we use a baking pan laying the dough in the pan not more than an inch high) and bake 30 minutes on the top shelf. You can run it under the broiler for a browner top. Cut into wedges and serve hot from the oven (or take out the pan and reheat later).

For a spicy bread add 1/2 tsp. to 1 tsp. asofetida, 2 cups whole kernel corn, 2 tsp. paprika. (we like this variation)

In Appreciation of You

We very much want to thank so many of you for encouraging us with our move to New Vrndavana, It seems that you feel the increased visibility and increased help which New Vrndavana has to offer are very important to spreading the knowledge of cow protection. It's very wonderful to know that we have your support. Most of you got in contact with us personally, but we did receive some letters. The following three express some of your thoughts.

"I've just read your letter 'Letter to Friends' with great delight--and I am pleased to offer my wishes for all success. This is indeed a great opportunity, for both preaching of cow protection and association of great devotees like H.H. Varsana Swami and others.

I am in full anticipation of overcoming my weakness of heart and lack of determination to engage 100% in devotional service to Srila Prabhupada and the cows. Your letters, and now this move is very encouraging to this end." (Parampadam das, Mason, WI.)

I can appreciate your reasons for moving to New Vrndavana. It sounds like a reasonable step. Good luck in all the coming hard work it will take. I did take your latest letter (describing the move) to the Detroit temple to post, but a copy was already on the bulletin board." (Bob Roberts, Commerce Twp., MI.)

"Your latest newsletter is very inspiring, It sounds like Krsna has given you the opportunity you were waiting for since a long time. Best of luck and all blessings (if I have any to give). Hope to hear more about your new project in N.V. I think that you can do a lot there." (Ramiya das, Alachua, Fl.)

Special Thanks

We would like to thank the following members who contributed to last issues' fund raiser. This has been our practice n the future we will be listing all donations from one issue to the next (not just those given for a current fund raiser) and the expenses for that time period. For the last 4 years, including the last issue (annual report for '94), we have listed all donors, donations, and expenses for the entire fiscal year and will continue to do so. Please tell us if we have mistakenly omitted your name. from this list.

Dan Duer.....$1000
Maha Mantra (David Fuller).....$ 325
Vrajabhadhu (Marie Pritekel).....$ 200
Vidyananda d. & Kirtida Kamyaka dd. (The Halvoson Family).....$ 108
Rajarshi d. & Brajarani dd (The Rathje Family).....$ 100
R.K. Dhingra..... $ 51
Augusto M, Vargas.....$ 35
Arron Chaddha.....$ 35
Pavamana d & Sampada dd (The McCloud Family).....$ 35
Muniyappa Venkatesha.....$..30
Amala Bhakta d.....$ 25
Haripada d & Phalini dd (The Mcleod Family) .....$ 25
Harry Madison.....$ 25
Mary Goerke.....$ 25
Jaya Govinda d & Rati dd (The Tittman Family).....$ 25
Ram Singhania.....$ 21
Kirk Cornwell.....$ 20
Albert Winkelman.....$ 15
Anthony & Rawtee Lutchman.....$ 15
Bhadranga d & Hladini Sakti dd (The Sherman Family).....$ 15
Deborah Houtchens.....$ 15
Gayle Janzen.....$ 15
Jagaddhatri dd (Jean Prem).....$ 15
Kirtana-rasa (Kurt Mausert).....$ 15
Namath Nayak.....$ 15
Theresa Devine..... $ 15
B.G. Gokhale.....$ 10
Rene Waisiris.....$ 10
Arvind Sharma.....$1.25

The International Society for Cow Protection

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

Our Goals:

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

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

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

THE ISCOWP NEWS

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