This winter has been one of the most harsh winters in the history of the United States. The capital of the country, Washington D.C., was brought to a standstill because of heavy snowfall immobilizing city traffic. In other parts of the country similar conditions persisted even after all modern emergency-disaster methods were applied.

We are all forced to question the value of high technology when it fails to provide the simple functions of daily life during adverse weather conditions. On the contrary, in the same extreme weather, oxen trained by ISCOWP continued to log wood from the forest for heating and cooking.

One ISCOWP trained team, Jaya and Nanda (pictured at the bottom), can pull 500 pounds of wood at one time out of the forest, and Vraja and Gita (pictured at the top) can pull 1 ton. The wood can be used not only for heating and cooking; one log has been used for making a new yoke for Jaya & Nanda. Step by step, project by project, we are realizing how absolutely dependent we are on the work that the oxen are providing. The oxen are the pivot point of all our activities.

In this issue you will not only find a financial report for ISCOWP's year of 1995, a financial report of the Sponsor a Teamster Campaign and update, but also letters from around the world concerning alternative methods of survival. Your financial support for training oxen and teamsters and to spread the knowledge of an alternative lifestyle is the foundation of ISCOWP. We are very grateful for your help and wholeheartedly welcome you to the even more productive year of 1996.
LETTERS

Dear Readers,

The following letters were mostly submitted to the cow conference, therefore the introductory e-mail message. We left this information intact because if you wanted to get in touch with the writers you would be able to do so via your computer.

Stoves

Text 139476 (81 lines)
From: Internet: Varis Lux-Kamergrauzius
<100526.1600@compuserve.com
Date: 26-Dec-95 07:06 EST
To: Cow (Protection and related issues) [594]
Subject: American stoves are foolish

The following two paragraphs in carrots are referring to ISCWPs previous entry in the cow conference.

>>When I was in Russia I saw many ceramic ovens that doubled as fire places which consumed considerably less wood and did a much better job of heating the home than the iron stoves that we use here in America.

A question for devotees in cold European climates that are familiar with these types of stoves. Are there any people in these areas that know how to build these stoves that would give you this information so that it could be shared world-wide through this conference.<<

The temple's two buildings here in Riga are total about 1000 square meters, three floors plus basement. It is completely constructed from logs - like a log cabin, but the walls are covered with other materials. When we reconstructed the building we pulled down a few walls to make a temple room, kitchen, etc, and we saw that the walls were made from solid wood about 6 to 10 inches thick. There are a lot of buildings like this one here in the centre of town. I have not seen this type of building in any other areas.

However the main unique features of these buildings are that they are built to be heated by wood. Now they usually have central heating, but still the wood stoves are preserved. In this particular building several stoves were destroyed or stolen, as the building has suffered a fire on the top floor and was vacated, declared as condemned. When we decided to save the building we had to rebuild many of the stoves, so we have some experience. We also built a huge wood-fired bread oven in the basement - right in the centre of the city.

The basic principle of these stoves are that they are very massive brick structures right up to the ceiling, think as a heat battery. The stove is usually lit once a day and then keeps the room warm the whole day. At the bottom is one fire box about 18 inches deep with a door that's about 8 by 8 inches. From the fire box there are flue channels going up to the chimney in an indirect way, sometimes as a spiral, other times criss-cross wise. In certain strategic points there are plugs which one can pull out in order to gain access in order to clean the channels from soot. Fire bricks should be used in the fire box. Sometimes they even use stones in the construction that keep the heat longer, but they should be tested first that they don't explode. Sometimes the exterior of the stove is covered with very special ceramic tiles which are made so that they can be built into the design, rather than just stuck on like usual. They are like concave bricks with one side glazed and with special intersecting joints with the adjacent tiles.

They don't manufacture them anymore around here. Sometimes they can be very fancy with designs and different shaped mouldings. Sometimes they can be unglazed and then painted with oil paint, as the outside of the stove does not reach a high temperature, probably maximum about 70 degrees celsius. Its heating effect is based on the large surface area. Nowadays I'm sure you could get some high-tech glue and just glue the tiles on. The whole stove is often constructed with approximately one part clay mixed with 3 parts sand between the bricks or tiles as it resists the temperature better than cement. Sometimes cement is used to render the outside, to make it stronger. All gaps and cracks are filled with the clay mixture. Of course the clay should be allowed to cure for two weeks before firing, and then it is stoked very slowly for a few days. Full heat should be stoked very gradually.

There are many variations of this principle. For example a very practical variation is that there is a cast iron cook-top included with two holes with concentric rings. Some of them have a water receptacle also. The same principle is maintained, that as you stoke the fire to cook, the flue gases go through the stove into the wall which has channels going through it (by the longest course) and the whole wall heats up. In country areas the houses are usually wood but have the "heart", a section of flued brick walls. Imagine a square house with say, four rooms of equal size. So at the intersection point (the "cross" point), that corner is bricked and flued. So when the housewife is cooking in the kitchen then she heats up the whole house. Some of them even incorporate a bread oven into the design.

A very quaint feature, often in Russian homesteads is that they have a low brick wall, like a seat built into the design, on which one can even sleep. This is the traditional place for the elders of the family they sit there all day on their warm seat and even sleep on there.

In a museum in Germany I saw some medieval homestead design where parts of the floor were heated in such a way, with the fire box below floor level. This would be good for devotees as we are accustomed to sitting on the floor. I have heard that in China they have such a heating (and seating) arrangement called a "kang".

After being a devotee for a while it is easy to see how most people live very foolishly in small matters. For example I could never think of using toilet paper or NOT using a tongue scraper, but yet there are literally millions of people living in ignorance of this. I get the same feeling when I see the American style pot-belly stoves and other cast iron "convection-stoves" advertised. They are very inefficient and very expensive. Better just get some bricks, clay and order a door for the fire box and some rings for the cooktop and do it yourself for the fraction of the cost and save heaps of fire-
devotee on the west coast of USA that was going to learn the skill of building this tiled stoves in a professional and durable way. That devotee's name was not mentioned.

Previously I mentioned that we built one house here at Almvik from clay, hay, and wood. We intend to get more houses like that which are cheap in material but require more work.

Smita Krishna Swami
Jarna, Sweden

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**Housing**

**Text 143507 (8 lines)**

**From:** Internet: Mani Bandha

**Date:** 15-Jan-96 10:00 NT

**To:** Cow (Protection and related issues) [619]

**Subject:** Straw bale houses

---

I have just recently seen a highly recommended book on constructing houses with straw bales titled "Construction with Straw Bale" By Leo Newport. It costs $41.95 including postage in Australia, overseas is extra. Available from PO Box 1299, Armidale, NSW Australia 2350. One interesting comment he makes is that rice straw has been proven to be preferable to cereal straw. It may be possible for rice growers to find a ready market for rice straw rather than burning it. Just recently in Australia 600,000 tons of rice straw was burnt.

(Text 143507)

**Comments:** Text 143686 by COM: Smita Krsna Swami (Sweden)

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**Oil Lamps**

**Text 140172 (12 lines)**

**From:** Vraja Kishor (Dasa) DDS (Towaco)

**Date:** 30-Dec-95 11:49 EST

**To:** ISGOWP (Balabhada Dasa & Chaya Dasi) [1048]

**Subject:** oil

---

Here is a self-sufficiency question which is practical for me, since I have switched to natural lighting: can one use regular corn or vegetable oil in a common oil-lamp - or does he have to buy the petroleum based pre-made lamp oils?

Vraja Kishor das
Towaco, New Jersey

---

ISCOWP REPLIES
Yes, one can use regular corn or vegetable oil in a common oil-lamp. You need not buy petroleum based pre-made lamp oils.

There are a variety of oils that can be used. Different oils give off different amounts of smoke as they burn. We will be researching this and if anyone in the cow conference can add information please do.

Sriila Prabhupada talked about castor oil. And when we were in North Carolina we were considering growing castor beans. However the plant and the beans are both poisonous which really scared me. They are a big bean and when dried they could be mistaken for a dahl and cooked up and digested - a disastrous situation. We want to grow an oil crop here in New Vrndavana and have been discussing mustard but I have heard that it does not burn very cleanly and I would like to research different alternatives for a lighter oil.

**Sauna**

Text 138881 (99 lines)

From: COM: Gadadhara (das) HKS (Riga - Latvia)

<Gadadhara.HKS@com.bbt.se>

Date: 21-Dec-95 00:32 WET

To: Varnasrama Development [665],

Cow (Protection and related issues) [593]

Subject: Traditional sauna and it's value

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Let the Russian devotees (and some others, too) kindly excuse me. I'm aware, for them it's nothing new. But some might benefit. In many places around my country, people still use the traditional sauna. Why? I'll boldly state that it (or some substitute, like Japanese furu, sorry if I misspell it) is relevant in the places with cold winter.

You go down to the rivulet, and see a small, even tiny wooden building on the bank. An old willow tree has spread it's branches partly over it. From the chimney, some aromatic birch wood smoke goes up towards the late evening moon. A big barrel with cold water and a wooden bucket outside the door wait for you to splash yourself after sitting in the vapor chamber.

Inside you find three rooms. In the first, you dress and stoke the fire. The stoker comes several hours in advance and makes the fire. (The stove has a mouth in the first room, in the second a big built-in "kettle" for hot water, and in the third it consists of stones up to 50-70 cm big) When the stones are somewhat above 110 Centigrade (sorry, I do not have the exact number), the stoker pours water over it: fs-s-sh!! and the room fills with hot vapor.

Now you can go into the second room and wash yourself. It's quite warm there, but not too hot. (Only) After taking off the dirt from the body surface, you are ready to enter the vapor chamber. But where is your birch "brush"? Oh, here. It's made of thin birch twigs (sorry if I'm using an improper word, no dictionary here) WITH leaves, some 50-90 cm long, tied together in a bunch to easy hold at hand. (They always used to be a staple in the market, - or self-made, dried and kept hung somewhere, to have them ready all the year round. And the leaves are NOT just an option.)

Birch leaves are good against rheumatism and back pains, but not only. But, some time ago one of our God-uncles reported of his wonderful experience with Russian sauna (which is, as far as I know, basically the same as described here). He mentioned oak twigs, but I believe he somehow took birch to be oak.

OK, now we open the door to the third chamber. Wow! It's air - or is it air at all? - burns your throat, and makes you to shed tears and - in one instant - covers body with profuse sweat! Wiping your eyes, in the dim light you see one devotee sitting on a long wooden bench and whipping him/herself with that kind of brush - hands, legs, back - all over. Then you see another devotee laying down on the second bench which is located behind the first one, and some half-meter higher. Yet another devotee is energetically whipping him/her on the back. He/she dips the "brush" in a bucket of hot water, shakes the excess off, and continues whipping.

"Hey, haribol!" somebody shouts from the third bench which is still higher, "Why don't you try and come to me?" You agree and try stepping on the bench, getting higher ... oh Krsna! Your breath is choked! Unbelievable! How can he/she be still alive there?!

Everybody laughs, "You have to have some training", the elders tell you. Start with the lower bench."

After two minutes, it becomes too much for you. You return to the second room and wash the sweat off. Then you consider that you want to get rid of that nasty chronic disease, and go into the vapor chamber again.

After some time the others invite,"OK, come with us! Let's go!" You go outside - and suddenly somebody pours a bucket of cold water on you! But astonishingly enough - you feel it just pleasantly cooling.

Finally you have finished those procedures. Still reddish from the hot, you go to the ashram feeling reborn.

Now you're ready to the next traveling sankirtana tour. It is said that ancient people used to get rid of many diseases just by attending this sauna. It was also used for other medical procedures, and child delivery. So it was considered almost sacred.

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--WARNING!-- Better go to sauna with experienced people, to avoid damage to health due to fanaticism. The same in regards to building one, or stoking.

Gadadhara dasa,
Riga, Latvia

PS. Nowadays here dry-heat saunas are very popular. We call them "Finnish saunas" (sauna is Finnish and Estonian word, actually - excuse me Finns for reminding), although I was told of purportedly vain search for them in Finland. They found only moist vapor saunas there. And I have read of that dry heat being cancerogenous.

**Yokes/Harnesses**

Text 139559 (111 lines)

From: Internet: Noma T. Petroff
<npetroff@polar.Bowdoin.EDU>

Date: 26-Dec-95 20:24 EST

To: Cow (Protection and related issues) [597]

Cc: Varnasrama Development [669]

Subject: Three-padded German Ox Collar
halt the wagon with the yoke tied to their horns which represents an enormous burden for them.

3. A free movement of the head is impossible. Just imagine the insect plague during summer time. When trying to keep the traces permanently at an optimal angle, the oxen have to keep their heads down thus being forced to inhale dust and to become tired early. While working on a slope, both animals have to distort their necks in an unnatural way which causes them much pain (Fig. 10, 8).

Thus Dr. Minhorst’s comments strongly support the position presented by ISCCWP earlier on in this conference that use of a head yoke for oxen should be avoided by devotees in the Hare Krsna movement because it causes unnecessary pain to the animals. It would put us in a bad light in regard to cruelty to animals and in regard to using the most efficient method of harnessing.

Dr Minhorst proposes, of course that the German three-padded ox collar is the most efficient and comfortable collar for oxen. Wouldn’t it be great if we had an ISKCON experimental agricultural farm where we could make long term tests with a three-padded collar and the traditional yoke and compare the results? Here are his comments:

The [three-padded] collar is very flexible and fits tight to shoulders and neck of the walking animal without exerting any bad pressure on shoulder blade and joint of shoulder, above all when benched iron hame-rods are used (Figs. 40, 41). It allows the animal a complete freedom of movement of neck and head, and in comparison with other types of cattle harness a comfortable working without premature fatigue (Fig. 42).

[Minhorst continues:] In the judgement of the old farmers and harness makers the adjustable three pad ox collar was an excellent and serviceable cattle harness. It was developed by [Heinrich] Steinmetz in the 1930’s in Germany and was only 30 years in use before the German agriculture was completely motorized in the 1960’s. Probably because of World War II, no more scientific comparisons were
# Sponsor a Teamster Campaign August 95 - August 96

Chart shows pledged amount and how much has been given by March 96.

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Helen Wells ........................................................................ $ 25.00
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Avadhuta d (Audrius Palubinskas) .......................................... $ 20.00
B.G. Gokhale ....................................................................... $ 20.00
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Winthrop Dahl ..................................................................... $ 20.00
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Christine Onge ..................................................................... $ 10.00
James Philip ......................................................................... $ 10.00
Mahasaumya d & Kim Hill .................................................... $ 10.00
Srimate Radharani .................................................................. $ 10.00
Total Pledged ..................................................................... $25928.50
Total sent by March ............................................................... $21714.00
Original goal of $30000 equals .............................................. 21 oxen 12 teamsters
Pledged $25928.50 equals ..................................................... 18 oxen 9 teamsters
We have now, half way through the campaign ....................... 9 oxen 4 teamsters

Sponsor A Teamster Campaign Update

The above listing shows the ISCOWP members who have pledged donations for the Sponsor a Teamster Campaign. It also shows the amount of donations that have come in for this campaign as of the end of February. As you can see we are $4071.50 short of our goal of $30,000 which translates into a few less teamsters and oxen to be trained. With the $25928.50 pledged we can train 18 oxen and 9 teamsters. At this point, about half way through the campaign, we are training 9 oxen and 4 teamsters.

For many years at New Vrindavana there have been no trained, working oxen. However, many of the long term residents remember working with oxen and horses in the past to till the rolling hillsides of New Vrindavana. You might say we are helping to revive the past animal power history of New Vrindavana by training New Vrindavana’s residents and oxen.

Tripada das who has the team Bhima and Bhumi (pictured on this page) is a long resident who is planning on staying and digging his roots deep in New Vrindavana. Tripada has recently purchased a 7.9 acre parcel where he and his family will live with their team. So now, Bhima and Bhumi will have a secure home. Right now Bhima is learning to pull logs and they are both learning to work together which means learning to wear a yoke.

In the yoke for the first time, Bhima and Bhumi receive training from Balabhadra as teamster Tripada looks on with pride.

Digging one’s roots in deep is beneficial to protecting cows. A cow or ox can live to 25 years. We often tell prospective teamsters or cow protectors that having an ox or cow is like having a child. The responsibility is long term. continued on page12
Evaluation of Fiscal Year 95

EXPENSES

Seed to Sustenance Land Project

ANIMAL .................................................. $ 2344.12
BARN .................................................... $ 7500.00
EQUIPMENT, TOOLS .................................. $ 4978.04
MISCELLANEOUS ....................................... $ 399.47
OX INSURANCE ......................................... $ 640.00
SEEDS .................................................... $ 263.39
TRAVEL ................................................... $ 1273.87
VEHICLE MAINTENANCE ............................... $ 1040.48
TOTAL .................................................. $18439.37

SUMMARY:
The Seed to Sustenance Land Project, now located at New Vrindavana, West Virginia, is the scene of ISCOWP's agricultural development based on ox-power. The categories and costs listed above reflect several months of the Seed to Sustenance project in North Carolina (before ISCOWP's move to West Virginia) along with our activities here in West Virginia. The barn costs reflect credit card charges paid using funds from the November sale of our mobile home. The barn will be taken down this year, moved to West Virginia, and reconstructed on land which will be in ISCOWP's name.

A major aspect of this year's project has been the training of teamsters and oxen from the New Vrindavana herd. Please refer to pages 6-7 & 12 for a more detailed financial report and analysis of this aspect which is still in progress till August 1996.

Member Development and Service

COMPUTER NEW/REPAIRS ............................ $ 2000.00
LITERATURE ............................................ $ 1953.63
OFFICE-RENT/SUPPLIES ............................... $ 2287.27
PHONE/FAX/E-MAIL .................................... $ 1451.09
PHOTOS/VIDEO TAPES ................................. $ 967.27
POSTAGE ................................................ $ 2026.18
TRAVEL .................................................. $ 895.98
VEHICLE ............................................... $ 1040.48
TOTAL .................................................. $12621.90

SUMMARY:
This year, with the encouragement of Vanamali Pandit Prabhu (Dr. Mody) we received advice from Kala Kanta Prabhu from ISKCON Foundation on how to improve our fund raising techniques. Now we understand the professional approach and have acquired new computer equipment and software to facilitate more effective and efficient fund raising. The challenge this year is to learn how to utilize all the new facilities.

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 pledge members ($30+ a month) receive monthly fresh baked oatmeal-chip cookies, which are a favorite snack of Vraja and Gita and our members, in addition to a picture report.

As you can see in the letter section, activity in our cow conference on COM/LINK is expanding. Much useful information is being gathered and distributed amongst our 100 international members.

Relocation

HOUSE/REFURBISHING ................................. $ 1778.44
TRAVEL .................................................. $ 2500.00
VEHICLE MAINTENANCE ............................... $ 1040.48
TOTAL .................................................. $ 5318.92

SUMMARY:
Many trips have been made to move 75% of our ox-power equipment from North Carolina to West Virginia with a few large pieces remaining. We have moved into and refurbished a house situated at Madhuvana Farm, a house that Srila Prabhupada lived in 2 out of his 4 visits to West Virginia. The sale of our mobile home enabled us to move the office activities to New Vrindavana, have the whole family and ISCOWP under one roof, and pay off ISCOWP credit card debts.

Administration

FOOD ...................................................... $ 3847.85
RENT .................................................... $ 1845.00
PHONE .................................................. $ 1451.09
TRAVEL .................................................. $ 426.00
VEHICLE ................................................ $ 1040.48
MEDICAL ................................................ $ 712.76
TOTAL .................................................. $9323.18

INCOME

CONTRIBUTIONS ....................................... $37037.92
SERVICES RENDERED .................................. $8451.00
WILLIAM E. DOVE ...................................... $4424.97
TOTAL .................................................. $49913.89

William E. Dove's (Balabhadra d) donation comes from the sale of the family's mobile home and was used to pay off all major ISCOWP credit card debts. Services rendered refers to funds given to ISCOWP's land development planning for Madhuvana Farm, clean-up and refurbishing of Madhuvana house and land, as well as other areas, salvaging building materials, training teamsters and oxen, cow protection and fund raising consultation, and building a barn at Madhuvana from salvaged materials.

ISCOWP's success is due to your help. Thank you!
Thank You For Contributing During the Fiscal Year 1995 (3/95-2/96)

Patrons $8000-$2500
ISKCON of West Virginia...................$7800.00
Balabhadra d & Chaya dd (The Dove Family)..........................$5674.97
Mary Goerke...........................................$3625.00
Anonymous donor......................................$3580.00
Dan Duer..............................................$3008.00

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James Philip...............................$ 10.00
Mahasauyana d & Kim Hill...................$ 10.00
Mukunda d (The Tandy Family) ...........$ 10.00
Lilavati dd (Lila Trombeta) ..............$ 9.00
Arvind Sharma.............................$ 8.75
Ashwin Shah................................$ 5.00
Jan London.................................$ 5.00

Non-Cash Donations
Anonymous Donor.........................Reliys 600 dpi Scanner, Hewlet-Packard laser-jet printer, UPS, Microsoft Excel, Microsoft Publisher
Jitarati d.................................3 chisel plows to promote water penetration and aeration by eliminating hardpan
Sarva-Satya d & Bhakta Brian of IWR Consultation on computer hardware and software
Thakur & Indu Topiwala Boxes of Srilaki Prabhat's books for distribution
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 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. 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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