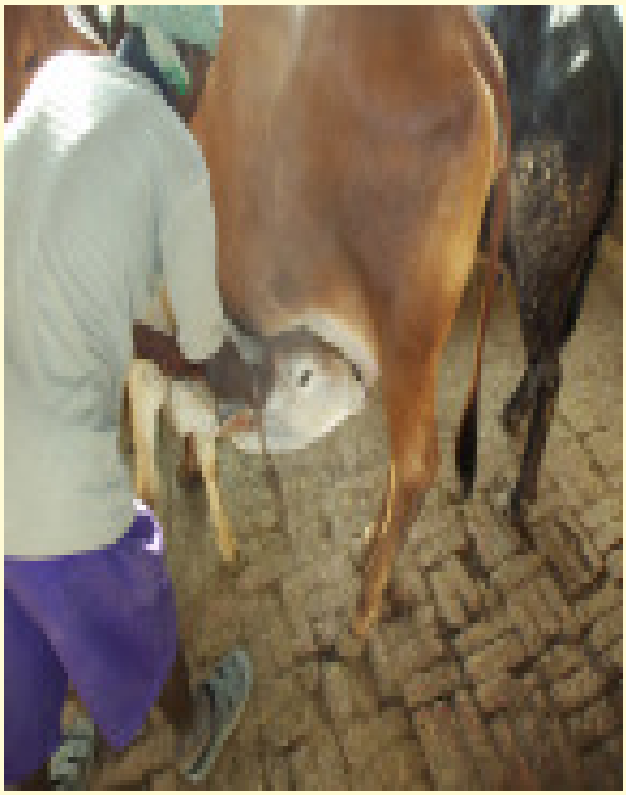
Ahimsa Foundation for Cattle Protection



Milk n' Honey

Rs 500 Crore for Desi Cows

Sheetla Mata Gow Seva Samiti

Health Benefits of Milk

Big Business Dairy Farming

Bhartiya Gow Krtanti Manch

November - December 2014 Newsletter

No Slaughter

AHIMSA FOUNDATION FOR CATTLE PROTECTION
AFFCAP

No Slaughter

TABLE OF CONTENTS

-- Page 2 --
UK: human dairy farming: Milk n' honey

-- Page 5 --
NDA govt allots Rs 500 crore for Desi Cows

-- Page 6--
Sheetla Mata Cow Seva Samiti

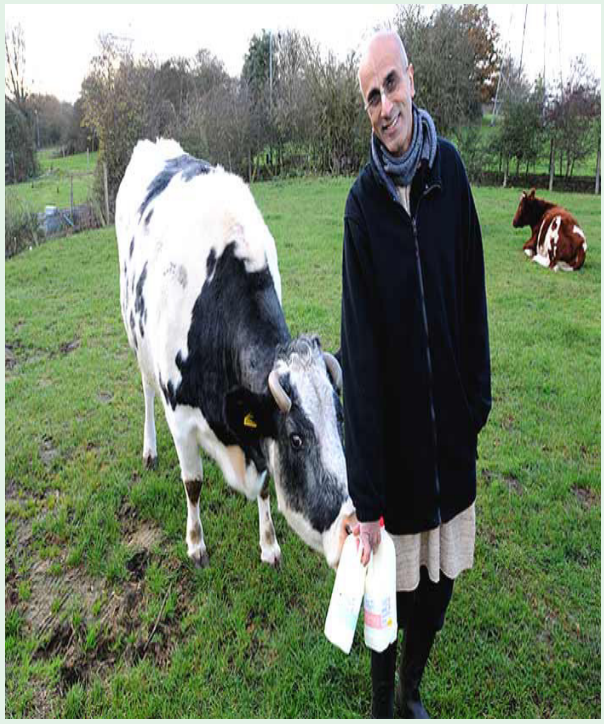
-- Page 8 --
What are the Health Benefits of Milk

-- Page 9 --
The Big Business of Dairy Farming:
Big Troubles for Cows

-- Page 15--
Goverdhan Jan Jagran Rally

-- Page 16 --
Picture Perfect

UK: humane dairy farming: Milk 'n Honey



Somewhere in England, the Quiet Beatle's farm champions Ahimsa dairy. Marianne Landzettel: Travel north outside of London and you will have reached Bhaktivedanta Manor, the sprawling 17-acre Hertfordshire countryside estate that George Harrison purchased in 1973 for the followers of Lord Krishna. Home to the UK chapter of the International Society for Krishna Consciousness (ISKCON), the campus bustles with the collective hustle of both devotees and visitors to the Radha Krishna temple, occupying much of the ground floor of the Tudor-style building. But while the Bhaktivedanta Manor is famous for its colourful history, not as well-known is its reputation as a model for organic dairy—for its Ahimsa milk standard and the humane treatment of its cow herd.

I visit the Bhaktivedanta Manor a day after the 10th anniversary of Harrison's death was commemorated on November 29. Garlands of marigold are still strewn about in the memorial garden. I saunter to the large barns that house the community's 55-strong dairy herd.

On this beautiful late November morning, most of the cows are out grazing; two calves and a group of males are knee-deep in freshly deposited straw cushions. "We have set up the Ahimsa milk standard," says Ahimsa Dairy Foundation director Sanjay Tanna (or Sitarama Das, as he is known amongst the Krishna devotees), referring not only to the farm's fully organic products, but also its 'no-slaughter policy'. Bull calves here are not sold to be killed at abattoirs, but stay and work for a living. This particular morning, four are engaged in pulling the ploughs on what is to become a potato field. On weekends and during festivals, there are bullock cart rides, very popular amongst children.

The cows provide around 40,000 litres of milk a year, a little less than 4,000 litres from each bovine, a third of what conventionally kept high-yield breeds produce. The Ahimsa cows are only inseminated every three or four years. In contrast, at mega dairies, a cow is routinely made to conceive as soon as it's 13 months old and attains puberty. With a nine-month gestation period, she births her first calf when just two years old. Three months later, the cow is gotten pregnant again. At four, she's sold off to be slaughtered and ends up as hamburger meat or dog chow. On the spaced-out insemination of Ahimsa cows, Tanna says, "They still give milk, it helps control the herd size and it is much easier on their bodies. People just don't know under what conditions milk is normally produced. The Ahimsa milk project shows the dairy industry can be ethical."

"Right now, we have 11 cows giving milk at Bhaktivedanta Manor," he adds.

The shut-ins A feeding scene in Indiana mega dairy Oak Farms, which houses 32,000 cows. (Photograph by Marianne Landzettel

They are milked twice daily by hand in a spotlessly clean parlour, with devotional music playing. They produce enough milk for the devotees, the children at the primary school on the estate and the cafe, which serves masala chai, rasgullas and burfis. The project has another 12 cows, which are kept in line with Ahimsa milk standards within an organic herd on a farm in Kent, east of London. Since July, their milk is being supplied to about 100 families in north London, many of them Hindus. A litre of Ahimsa milk costs £2.25 (roughly Rs 180) in addition to delivery charges. A hefty price, admits Tanna, but "it includes a pension fund for the cows". Seventy pence per litre goes towards the upkeep of the bulls and the retired cows. "Many of our Indian customers say our milk reminds them of home, where they got it directly from a farm," says Tanna. Even chefs praise the quality of the milk. "The flavour is very complex and really stays with you," says Sam Clark from the well-known Moro restaurant in London. "You can tell it would make a great cheese or yoghurt."

Sure enough, starting next year, Ahimsa soft cheese and paneer will enter the market and delivery of milk and ghee will be expanded to other parts of London. The herd in Kent is to expand to about 30 cows, and will be fed a grass diet with additional organic feed during the winter months. Tanna hopes that in time, Ahimsa milk projects will be set up all over Britain. "We want to educate people on the real story of milk production," says Tanna, "and change their buying habits to organic until slaughter-free Ahimsa milk is available everywhere."

That is the goal set by the Go Dharmic Campaign, which has opened stalls at 25 major Hindu festivals. Says Richard Green from the Organic Milk Suppliers Cooperative, "There was a lot of interest. They have more than 8,000 followers on Facebook by now." The campaign couldn't

have come at a more propitious moment—the big players in the industry don't just decry organic dairy as being backward, but are pushing for US style mega dairies in the UK. Several applications to this effect are pending.

To get an idea of how mega dairies tick, both advocates and critics have been travelling to Oak Farms in the US state of Indiana. Here, 32,000 cows, most of them black and white Holsteins, live in huge barns, each with a capacity to hold 3,000 heads. In batches of 350, they queue up to be milked thrice a day, their hind legs pressed apart by their enormous udders. On average, each cow gives around 37 litres of milk daily. The 10 milking carousels are run round the clock: 75 cows are milked simultaneously in 8.5 minutes—and that's just with one turn of the carousel.

During their brief lives, the cows of Oak Farms don't get to see a blade of grass nor feel a bed of straw under their bellies. They are kept indoors throughout the year, their feed consisting of a complex mix of corn silage, soya beans and additives like minerals. They lie on sand, which, the farm managers say, makes it easier to keep them clean. The calves—on average a 100 are born daily—are separated from their mothers within hours. The bull calves are sold immediately, to be fattened and slaughtered. The females will be artificially inseminated as soon as they reach puberty and they will join the queue at the milk carousel as soon as they give birth. On average, cows in mega dairies have two calves in quick succession, which exhausts their bodies. By four, they are deemed ready for the abattoir.

By contrast, it is not unusual for cows in an organic milk herd to be still productive even when they are well over 10 years old. At Bhaktivedanta Manor, a cow stops working at age 16 (if not earlier), which is about equal to 60 human years. In retirement, they are left to graze and enjoy themselves until they die a natural death, their passing mourned with flowers and even a little ceremony. George would have approved.

http://www.outlookindia.com/article.aspx?279266

NDA govt allots Rs. 500 crore to raise strictly desi cows, set up 'gaushalas'

HT Correspondent, Hindustan Times New Delhi, July 29, 2014

The NDA government is set to launch a national programme worth Rs. 500 crore to "protect and conserve" local cow breeds through traditional-style "gaushalas" or cattle-care centres. The scheme was a manifesto promise by the BJP and is a key Hindutva plank.

The project, called the Rashtriya Gokul Mission, envisages funding "integrated cattle welfare centers" called "gokul grams" to protect local cows from being cross-bred into different varieties.

Under the new scheme, farmers who maintain the best centres would be eligible for "Gopal Ratna" awards. Each cow will have a unique identity number, to be fed into a national database.

The scheme will also focus on the upkeep of cattle after they are past the milk-producing phase, when they are often utilised for meat.

"Gopalan Sanghs" or breeding facilities will be set up for varieties with high-genetic pedigree, seeking to promote public-private partnerships in the field.

ON THE AGENDA

- Farmers with best cow-breeding centres would be eligible for "Gopal Ratna" awards
- Each cow to have unique identity number, to be fed into a national database

"Local varieties of cattle are better adapted to the country's climate and are heat-resistant. In spite of this, indigenous cattle are ignored," Union agriculture minister Radha Mohan Singh said.

India is the world's largest milk producer but the feat is attributed to a massive cattle headcount rather than high yield per cow. The poor milk output per cow -- about one-tenth of the US and one-fifth of New Zealand – has left the country struggling to keep pace with demand.

The problem lies mainly with the "intrinsically low genetic potential" and "poor quality animal nutrition", according to the United Nation's Food and Agriculture Organisation.

Commercial dairy farms currently rely on Jersey-Holstein cross-breeds for better yields. Black-and-white Holsteins — a native of the Netherlands — and the British Brown Jersey cow — which gives creamier milk — are usually preferred for cross-breeding. The Centre also runs a major programme for genetic upgradation called the National Project for Cattle and Buffalo Breeding.

Asked whether the programme was inspired by the Rashtriya Swayamsevak Sangh's advocacy of cow protection, minister of state for agriculture Sanjeev Baliyan said, "If we do not protect good local varieties, such as Sahiwal and Rathi, they will become extinct. Even if it addresses the RSS' concern for cattle welfare, it is a good cause."

Giving more details, Singh said, "Cow dung and cow urine will be utilised and promoted as organic manure and other purposes, such as for biogas to produce electricity."

http://www.hindustantimes.com/india-news/govt-marks-rs-500-cr-to-raise-strictly-desi-cows/article1-1245740.aspx

Sheetla Mata Gow Seva Samiti

The Sheetla Mata Cow Seva Samiti was one of AFFCAP's first clients for Ahimsa Certification. The gaushala is situated in Makrana, Rajasthan, world famous for its exquisite marble.

AFFCAP Managing Trustee Pancaratna das, on left, visits with Mr. C.V. Singh, who is in charge of the Sheetla Mata Gow Seva Samiti and Mr. Narpat Singh, on right, who manages the nearby Jai Shiv Gaoseva Samiti in Kalwa, Rajasthan.

The Annual Sheetla Mata Festival draws a large crowd each year to support the gaushala

What are the health benefits of milk?

Last updated: 26 September 2014

Milk has long been associated with good health and is one of the most consumed beverages throughout the US and Europe. It is thought that the ability to digest the milk sugar lactose beyond infancy first evolved in dairy farming communities in central Europe around 7500 years ago.

Popular sayings and slogans such as "Milk: it does a body good" and "Got Milk?" have brought milk into the mainstream media and further propelled the notion of milk being a healthful choice.

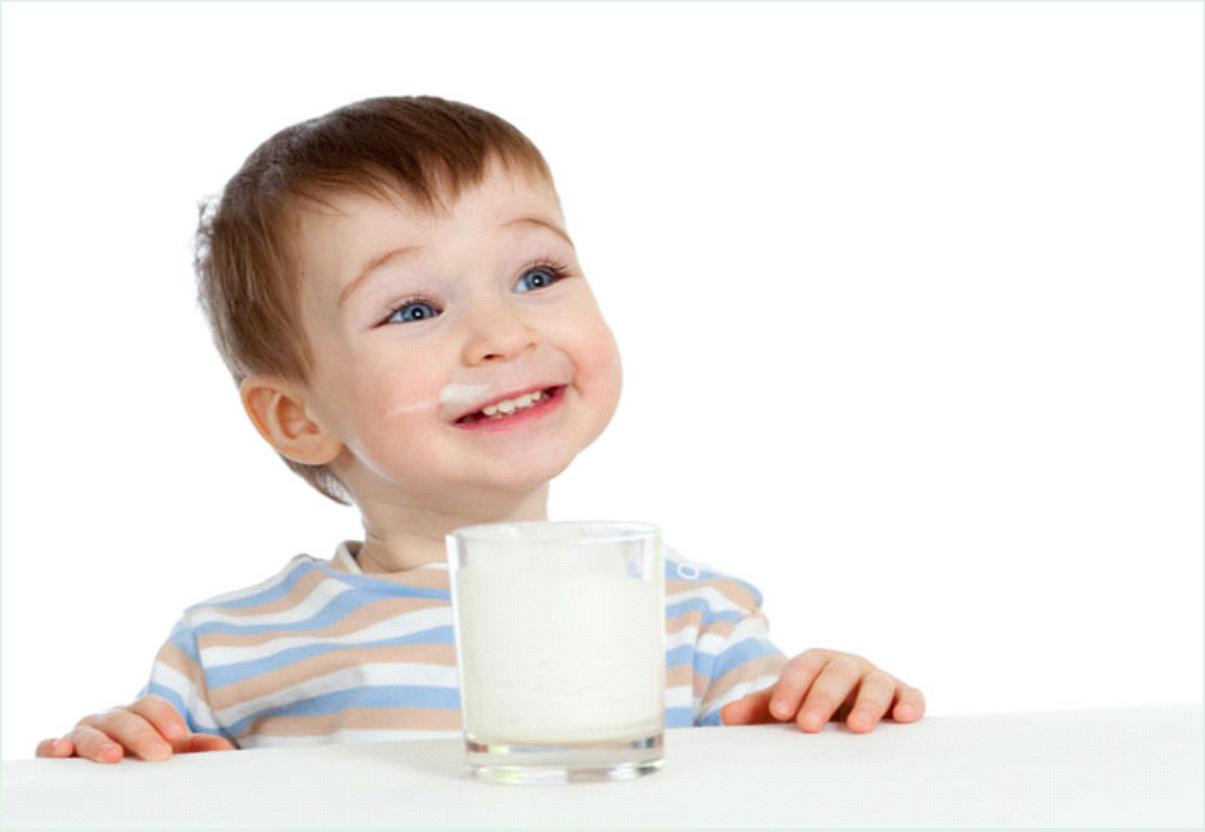
Milk can come from many different species of animal, with cow, sheep, and goat milk being the most popularly consumed. There are also many "milk alternatives" available now, such as soy milk, almond milk, coconut milk, hemp milk and more. Even cow's milk comes in many varieties including flavored varieties like strawberry or chocolate, lactose-free milks, milk with added omega-3s, hormone free or organic milks and reduced fat milk.

This MNT Knowledge Center feature will focus solely on cow's milk and is part of a collection of articles on the health benefits of popular foods. If you have an allergy or intolerance to cow's milk, we have an article covering some of the milk alternatives that you may want to consider.

Nutritional breakdown of milk

One cup of milk is considered one serving. The nutritional breakdown of milk depends on the fat content. Whole milk, with 3.25% fat contains 146 calories, 8 grams of fat, 13 grams of carbohydrate and 8 grams of protein in one cup. One cup of nonfat or skim milk has about 86 calories, 0 grams of fat, 12 grams of carbohydrate and 8 grams of protein.

Some important nutrients that all milk provides are:



Calcium: Dairy products like milk are the best dietary sources of calcium. Calcium has many functions in the body but its primary job is the development and maintenance of healthy bones and teeth. Calcium is also important for blood clotting and wound healing, maintaining normal blood pressure, and muscle contractions including heartbeat. It is important to try to pair calcium-rich foods with a source of vitamin D, as vitamin D helps the small intestine to absorb calcium. There are 306 milligrams of calcium in one cup of skim milk.

Choline: Milk is also one of the best sources of choline; an important nutrient found that helps with sleep, muscle movement, learning and memory. Choline helps to maintain the structure of cellular membranes, aids in the transmission of nerve impulses, assists in the absorption of fat and reduces chronic inflammation.[4]

Potassium: High potassium intakes are also associated with a reduced risk of stroke, heart disease, high blood pressure, protection against loss of muscle mass, preservation of bone mineral density and reduction in the formation of kidney stones. A high potassium intake is associated with a 20% decreased risk of dying from all causes.[3] The recommended daily intake of potassium for all adults is 4700 mg per day.

Vitamin D (fortified): Vitamin D is important for bone health, aiding in the formation, growth, and repair of bones. Vitamin D also plays an important role in calcium absorption and immune function. Vitamin D deficiency has been associated with osteoporosis, depression, chronic fatigue, muscle pain, PMS, hypertension, and breast and colon cancer.

Milk also provides magnesium, phosphorus, vitamins A, riboflavin, vitamin B-6 and vitamin B-12.

Possible health benefits of consuming milk

Bone Health: Everyone has heard that milk is good for the bones. That is because of its powerful duo of calcium and vitamin D. However, it is equally important to have an overall balanced and healthy diet, as adequate calcium and vitamin D alone are not enough to prevent osteoporosis. Regular physical activity and strength training, along with not smoking and eating a diet low in sodium and high in potassium also contribute to overall bone health and a decreased risk of osteoporosis.

Blood pressure and heart health: An increased potassium intake can play a huge role in improving vasodilation and lowering blood pressure.

An increase in potassium intake along with a decrease in sodium intake is the most important dietary change that a person can make to reduce their risk of cardiovascular disease, according to Mark Houston, M.D., M.S., an associate clinical professor of medicine at Vanderbilt Medical School and director of the Hypertension Institute at St. Thomas Hospital in Tennessee.[3]

In one study, those who consumed 4069 mg of potassium per day had a 49% lower risk of death from ischemic heart disease compared with those who consumed less potassium (about 1000 mg per day).[3]

Unfortunately, according to the National Health and Nutrition Examination Survey, fewer than 2% of US adults meet the daily 4700 mg recommendation.[3] Incorporate more potassium-rich sources such as milk, oranges, tomatoes, lima beans, spinach, bananas, prunes and yogurt into your daily diet to increase your potassium intake.

Cancer: The risk of dying from colorectal cancer is highest in geographic locations that receive the least amount of sunlight. Some research suggests that one reason for this is that vitamin D might play a role in cell growth regulation and cancer protection.

According to the National Cancer Institute, "research results overall support a relationship between higher intakes of calcium and reduced risks of colorectal cancer, but the results of studies have not always been consistent."[2]

Some studies have suggested an increased intake of calcium and lactose from dairy products may help to prevent ovarian cancer.[2]

A splash of milk

Dairy proteins support muscle growth and repair.

Depression: Adequate vitamin D levels support the production of serotonin, a hormone associated with mood, appetite and sleep. Vitamin D deficiency has been associated with depression, chronic fatigue and PMS.

Muscle building and weight loss: Milk is a great source of natural, high quality protein. Maintaining a healthy amount of muscle is important for supporting metabolism and contributing to weight loss and weight maintenance. A diet that is sufficient in protein is needed to preserve or increase lean muscle mass. Dairy proteins support muscle growth and repair. According to Today's Dietitian, a recent analysis of over 20 clinical trials suggested that an increased milk intake can boost muscle mass and strength during resistance exercise in both younger and older adults.[6]

Recent developments on the possible health benefits of drinking milk from MNT news

A glass of milk a day' may delay knee osteoarthritis in women - knee osteoarthritis currently has no cure but researchers say drinking milk every day has been linked to reduced progression of the disease. Their research was published in the American College of Rheumatology journal Arthritis Care & Research.

Concerns and Precautions

Lactose intolerance is a condition in which a person lacks the enzyme to break down the sugar found in milk for proper digestion. Those with lactose intolerance may experience bloating, flatulence or diarrhea when consuming milk and milk products. Drinking lactose-free milk, which has added enzymes to help with lactose digestion, may ease or eliminate these symptoms.

Milk allergy or hypersensitivity is different from lactose intolerance and refers to an abnormal immunologic reaction in which the body's immune system produces an allergic antibody, called immunoglobulin E (IgE) antibody, which results in allergy symptoms such as wheezing, diarrhea or vomiting. Milk allergy can be manifested as asthma, eczema (an itchy rash), rhinitis (inflamed nose), and gastrointestinal distress, as well as bleeding, pneumonia, and even anaphylaxis (shock).

Consuming too much potassium or phosphorus, both of which are high in milk, can be harmful for those whose kidneys are not fully functional. If your kidneys are unable to remove excess potassium or phosphorus from the blood, it could be fatal.

Consuming an excess amount of calcium is also dangerous. You are unlikely to exceed calcium intake limits with food, however taking an excess amount of calcium via supplements can cause unwanted side effects such as constipation, kidney stones or kidney failure. The tolerable upper intake level of calcium is 2.5 grams per day for healthy individuals over the age of 1 year.

High calcium intakes have been linked with an increased risk of prostate cancer in some studies, however others have found no associations between prostate cancer and calcium intake.[2]

http://www.medicalnewstoday.com/articles/273451.php

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The Big Business of Dairy Farming: Big Trouble for Cows

Most people are aware that dairies in the United States bear little resemblance to the idyllic pastures of yesteryear. As with other branches of animal agriculture, such as chicken and egg production, hog farming, and beef production "as well as crop growing"small, traditional dairy farms have been steadily pushed out of the business by large agribusiness concerns. Since the mid-20th century, the growth of factory farming has led to the transformation of agriculture, forcing small farmers to "get big or get out." Small farms cannot compete with big agricultural firms because they cannot achieve the same economies of scale.

The American dairy industry annually produces about 20 billion gallons of raw milk, which is processed and sold as butter, cheese, ice cream, and fluid milk. This amounts to about $27 billion in sales each year. There are between 65,000 and 81,000 U.S. dairies, yet corporate consolidation means that about half of the milk sold comes from just under 4 percent of the farms. While the large number of brands and labels on store shelves would seem to indicate a diversity of sources, in reality many of these brands are owned by a handful of large corporations. For example, the country's largest dairy producer, Dean Foods, owns 40 or so brands, 3 of them representing organic milk.

As the number of dairy farms has decreased, the size of those remaining has increased. Between 1991 and 2004, the number of U.S. dairies dropped by almost half, and the number of dairies with 100 or more cows grew by 94 percent. Because big businesses typically seek continuously increasing profits, production must be maximized, almost always at the expense of the cows in one way or another. The cows must be pushed to produce more and more milk. The production of large amounts of milk has called for changes that affect the animals' health, including the use of drugs, mechanization, and factory-like housing conditions. Most dairy cows are raised in concentrated animal feeding operations (CAFOs); about 10 percent of those are considered large CAFOs, each with more than 700 dairy cattle.
One of the keys to higher production and higher profits is to increase the milk yield while raising fewer cows. Between 1950 and 2000, the number of dairy cows in the United States fell by more than half, yet during that same period, the average annual milk yield more than tripled. What made this possible, and how has it affected the welfare of the animals?

Frequent pregnancy

Cows are like any other mammal in that they produce milk for the nurturing of their young; in order to lactate, a cow must recently have given birth. In her natural state, a cow gives birth after nine months of gestation and nurses her calf for seven months to a year. This is "wasted"• time that a dairy factory farm can ill afford, "in addition to the fact that the milk is meant to go to market, not to the calf" so calves born to dairy cows, whose primary purpose in being born is to induce lactation, are taken away either immediately after birth or within a day or so. This separation causes great distress to the mother, who would normally feed the calf more than a dozen times a day and, like other mammals, forms a strong bond with her young soon after birth. Male calves are killed or sent off to be raised for veal or beef. Females become dairy cows like their mothers; frequent replacement of herd mem-

bers is necessary because the death rate of dairy cows is very high. Cows natural life expectancy is 20 years or more, but the average dairy cow lives just 3 to 4 years, exhausted by constant lactation and frequent disease.

Cows on factory farms give birth once a year as a result of artificial insemination. About two to three months after calving, a cow is once again impregnated, and the cycle begins again. Lactation continues throughout, except for a few weeks break in between its cessation (about eight months or so after calving) and the next time she gives birth. Thus, dairy cows are induced to produce milk for most of the year.

High-protein feed and growth hormones

Cows naturally eat grass, which is how the bucolic image of dairy herds grazing in pastures became so well recognized. A diet of grass, however, is high-fiber and of low nutritional density and does not result in a high milk yield. The milk produced from this diet would be enough to feed a calf, but it is not enough to satisfy market needs. So modern dairy cows are fed a low-fiber, high-protein diet of grains such as corn and soy along with animal by-products. As ruminants, they have stomachs with four compartments that are made to process high-fiber grass; partially digested food, or cud, is regurgitated to again be chewed and swallowed, a process that occupies cows for up to eight hours a day. The feed given to cows on dairy farms, however, does not lend itself to this process and is thus difficult for them to digest, causing health problems. In addition, the use of high-protein diets "because they contain animal protein, including, in the past, tissue from diseased cows" has been implicated in the proliferation of mad cow disease.

Another tool to increase milk yield is the use of the genetically engineered growth hormone rBGH (recombinant bovine growth hormone). This hormone contributes to an average milk prouction of 100 pounds of milk per cow per day, 10 times as much milk as a calf would need. Maintaining such high production for such an unnatural length of time exhausts the cows' bodies and depletes them nutritionally to such a degree that even the nutritionally dense feed cannot compensate. Copious milk production causes cows' bones to become severely deficient in calcium. They thus become prone to fracture, and the result is a sharp increase in the number of "downed" cows, or "downers," a general term for farm and food animals who collapse, unable to stand up again, and must be destroyed.

The use of rBGH causes other serious problems, including chronic mastitis (a painful bacterial infection and swelling of the udder), which is related to overproduction of milk. To treat infections and help prevent them, dairy farms routinely administer antibiotics to their cows. Antibiotics and rBGH find their way into the milk that humans drink. It is known that the overuse of antibiotics, including routine preventative use, encourages the development of antibiotic-resistant strains of bacteria. In addition, milk from cows given rBGH shows an increased presence of IGF-1, an insulin-like growth factor, which has been shown to cause cancer in humans. The amount of IGF-1 present in milk produced by cows given rBGH is two to 10 times that in non-rGBH milk. The U.S. Food and Drug Administration, which is responsible for regulating the use of such supplements, not only has allowed the use of rBGH but has also refused to allow the labeling of milk to advise consumers that it contains the hormone. The United States is the only industrialized nation that permits the use of growth hormone in animals used for food.

How dairy cows are housed

In 2001 more than 75 percent of dairy cows had no access to pasture. Cows in many dairies

are housed in a combination of outdoor and indoor facilities, such as sheds, outdoor dirt corrals, and stall barns that may not have access to the open air and where cows may be tied up or otherwise restrained for long periods of time. Cows who are restrained in stalls show signs of stress from social isolation and the inability to lie down; further, they are likely to develop teat and skin injuries, lameness, and susceptibility to a variety of diseases. Over the last few decades, agribusiness dairies have experienced great growth in the southwestern United States, which has a very different climate from the country's traditional dairy-producing regions, including New England and the Midwest. The Southwest does not have expanses of grassland, and most dairy cattle there are housed in unpaved dirt lots, or drylots. The undeveloped surface of such lots is hard on the cows and causes frequent lameness. Drylots offer inadequate protection from the elements, and heavy rains create layers of mud and manure several inches thick, often making it difficult or impossible for the cows to walk or lie down on a dry surface, which dairy experts recognize as a health requirement for cows. Further, the population density on dirt feedlots tends to be very high. In the southern regions of California, one of the largest dairy-producing states, the average number of cows per dairy was 800 to 1,000 in 2005 -- more than three times higher than it was in 1972. High density makes it difficult to maintain sanitation, and dairy cows housed this way are subject to frequent illness and infections.

Organic dairies

Unlike the sorry state of most so-called 'free-range" chicken facilities, the majority of organic milk producers do treat their cows well, providing access to pasture and proper feed, avoiding growth hormones, and adhering to ethical standards. However, the growth of the organic milk industry in the 1990s and the early 2000s has attracted the attention of agribusinesses, whose desire to participate in this lucrative market has led them to compromise organic standards and lobby for the degradation of such regulations at the federal level. According to a 2006 report by the Cornucopia Institute, a farm-policy research group, some of the country's leading producers of milk, after entering the organic market, have attempted to transfer their factory-farm dairying techniques to the production of "organic" milk. The study found that nearly 20 percent of the organic-brand milk on store shelves was from producers following substandard practices. Consumers should be aware that some of the biggest names in the business are among those implicated.

- See more at: http://advocacy.britannica.com/blog/advocacy/2007/06/dairy-farming/#sthash.SLMySbSo.dpuf

Goverdhan Jan Jagran Rally

organized by the
Bhartiya Gow Kranti Manch, Jaipur, RJ

November 2nd marked a special gathering of gaushala managers and cow protection proponents at the Jaipur, Rajasthan Parliament grounds. The Sangham's leaders allotted AFFCAP a prominent location at the entrance of the conference grounds.

Many prominent politicians, community and spiritual leaders from throughout Rajasthan and India attended the day-long conference to speak on the necessity and complexity of cow protection.

The organizers generosity knew no bounds as they had ISKCON prepare a tasty prasadam meal consisting of puris, subji and sweet for 100,000 participants.

The reception and acceptance of AFFCAP was overwhelming with many gaushalas taking information and requesting follow up visits of their gaushalas. It will take months to follow up the many contacts, and it was encouraging for the AFFCAP workers and volunteers, that AFFCAP's gaushala Ahimsa certification is being so widely embraced.

Our special thanks to Vineet Pande, Ganesh Choudhary and Tanmay Parashar for their hard work at the conference

PICTURE PERFECT