Rebirth of Hope

In Armenia, Ukraine and Albania, Heifer is changing lives for the better.

Dear Friends,

All across Africa, children use small oil lamps to study their lessons at night. And there’s a song about the lamps that goes, “Give me oil in my lamp . . . keep me burning.” The oil is not only the fuel to keep the flame going, but it is also the light, the inspiration, the spirit to keep working hard at learning and growing. It is a good lesson for any of us.

I’ve been thinking about this because of Heifer’s continued growth, and how, with the help of our many supporters and friends, our flame continues to stay so brightly shining.

Recently Heifer staff from all over the world met in Eastern Africa to begin a dialogue on their vision for the future, and that’s where African staff members taught their colleagues the song about the lamp. It seemed so fitting for the occasion. The gathering was held in Tanzania in a park-like setting at Arusha. The meeting room was surrounded by trees, and a playful troop of monkeys occasionally dropped in to swing from the limbs and chatter at their international visitors.

The team also visited nearby Heifer project sites, and there they found all kinds of exciting things are going on. They inspected the ongoing construction of a new milk collection center that is being built by six Heifer project groups that soon hope to be producing enough milk to keep a whole dairy operation busy. That is so important. The milk collection center is a big step toward higher production and diversified income through value-added products, like cheese, yogurt and butter. And they saw a new nursery where Heifer partners are raising tree seedlings to help maintain the environment. That is thinking long-term. All very encouraging and inspiring.

The delegation also was present for the dedications of two small buildings that will be used as headquarters for two Heifer community groups. With speeches and singing the foundation stones were unveiled, showing the new buildings to be dedicated to “Mama Jo Luck.” I feel very honored by this.

Finally, they witnessed a ceremony in which young cows were presented by their owners to other members of their communities, fulfilling the owners’ promise to Heifer to “Pass on the Gift” of self-reliance to others. One young woman who received a young cow was so happy she wept for joy. She stood with tears streaming down her cheeks while keeping hold of the cow’s tether even when shaking hands. It was a stirring, emotional scene. It is always so moving to see people getting their hands on their own destiny. Of course they don’t want to let go!

Sincerely,

Jo Luck
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Heifer International publishes World Ark quarterly for donors and friends. Heifer has helped more than 4 million impoverished families worldwide become more self-reliant through the gift of livestock and training in their care. A nonprofit organization rooted in the Christian tradition, Heifer works for the dignity and well-being of all people. Heifer is a member of InterAction. Federal Employees may designate gifts to the Combined Federal Campaign by writing in #0315. Heifer International is a 501 (c) (3) nonprofit organization and gifts to Heifer are tax deductible and are used as designated until current needs of those projects are met. Further gifts are applied to similar projects so that gifts begin helping people immediately.

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Aramat Mountain towers majestically over the Armenian countryside across the Turkish border. Many Armenians revere it as the Cradle of Civilization and the symbol of their nation. They also claim, along with many others, that Mount Ararat is the final resting place of Noah’s Ark—the point of rebirth of life on earth.

From the capital of Yerevan and as far as the eye can see, the breathtaking beauty of the massive snow-capped mountain appears to protect and preserve the Armenian nation and its welcoming people. These days the prospect of peace and harmony permeates the countryside. Its presence is long overdue. Over the centuries Armenia has been conquered by the Greeks, Persians, Romans, Byzantines, Mongols, Arabs, Ottoman Turks, and, most recently, Russians.

Throughout the past 2,700 years Armenians have endured discrimination, religious persecution and armed attacks by many, including their most brutal invader, the Ottoman Turks. In 1895, the Turks massacred thousands of innocent Armenians. And from 1915 to 1918, the Turkish government carried out an organized genocide of Armenians in the Ottoman Empire.

World War I provided the backdrop
for the genocide. Ottoman authorities ordered the deportation of the
Armenians to the deserts of Syria and Mesopotamia. Between 600,000 and
1.5 million people were murdered or died of starvation. The Armenian
massacre is considered the first genocide of the 20th century.

After World War I, Armenia survived as an independent republic for only two years before being
annexed by the Soviet Army on March 12, 1922. Armenia then joined
Azerbaijan and Georgia to form the Transcaucasian Soviet Federated
Socialist Republic. During Soviet times, Armenian culture flourished, but territorial disputes with
Azerbaijan over the ethnic Armenian enclave of Nagorno-Karabagh soon wreaked havoc on the country’s
economy.

Although a cease-fire agreement was reached in 1994, today the fate of the
territory remains unresolved. After the breakup of the Soviet
Union, Armenia emerged as an independent republic but struggles to
maintain peace as the vast majority of Armenian families remain in dire
poverty. In addition, a devastating earthquake in 1988, recurring floods,
unemployment and emigration continue to challenge the country.

After the Flood

Armenia welcomes visitors not only with its beauty but with the
warmth of its people, a people eager to move toward peace and prosperity.
Many have told the story of Noah descending to the Ararat Valley of
Armenia and planting the first grape vine as a symbol of human rebirth.
The valley is a flowering paradise rich with vineyards and fruit trees.
Today, the symbolism of Mount Ararat and Noah reflect Armenia’s
rebirth as a nation rich in culture, history and beauty.

In the shadow of Mount Ararat, a small group of farmers in the village
of Khor Virab are testing their future. They’re participating in a Heifer
International project that they feel confident will change their lives.

Mkrtich Jouroyan, Heifer project leader in Khor Virab, describes himself today as a changed man, happy with his life and surroundings.

Heifer Armenia, based in Yerevan, serves as a regional office for the
Caucasus Program. It covers Armenia, Georgia and Azerbaijan. Heifer began its first project in
Armenia in February 1999. Since then and through 2002, Heifer estimates
that 1,069 families will have been helped. With the “passing on the gift”
component of its work, Heifer can touch an exponential number of
families as they each agree to give one of their animal’s offspring to
another family in the community. By providing livestock and training in
agricultural practices to residents and refugee families in Armenia, Heifer is
developing food and economic security.

In January 2002, ten families in Khor Virab received cows. Although
“Heifer International has provided for my family in ways I could never accomplish on my own. I expect an income in the future from our cow, and my family is already benefiting from the dairy products.”

Not far from Sveta’s humble home another family has felt the profound loss of a loved one. Gegham Aghaganyan and his family had always lived a simple life with very little food and even fewer amenities. Despite the hardships, their love for each other sustained them. Life changed abruptly for Gegham and his three daughters when his wife died unexpectedly. Life changed abruptly for Gegham and his three daughters when his wife died unexpectedly. "As for me, I have little money and had no animal. Even as a man who works hard every day, it would have been impossible for me to buy one for myself. Heifer International has provided for my family in ways I could never accomplish on my own. I expect an income in the future from our cow, and my family is already benefiting from the dairy products.” Mkrtich’s wife, Lusine, is active in the group as well and has learned much about dairy production.

Mkrtich and his family are living in a government-owned building, because of their economic situation, and care for their cow on the property of a neighboring widow. Mkrtich explains, “I have no barn but keep my cow with my neighbor, Sveta. In exchange for what she does for me, I share half my milk production with her.”

Seventy year-old Sveta is a refugee from Shamkhor who came to Khor Virab with her family in 1988. “My family and I tried to escape the suffering but my suffering continues,” Sveta says. “My husband died many years ago, and my children left me in 1993 for a new life in Russia. I am completely alone and have been so sad in the past years until Mkrtich and his family came into my life,” Sveta says. “Mkrtich has cared for me and said that I am part of his family. God bless Mkrtich and Heifer International. It is difficult for me to express from my heart what Mkrtich and this program have done for me.”

Beneath ancient Mount Ararat, faith in life’s renewal has been affirmed.

Darcy Kiefel is a photojournalist living in Boulder, Colorado.
We met by chance as I was on the way to visit a dairy cattle project in the Ukrainian village of Zaviy with Heifer International staff member and veterinarian Yosyp Kniazhytskiy. As we drove past her home I noticed a striking elderly woman digging her fields alone. I asked our driver to stop. When I asked permission to photograph the woman while she worked in the fields, she smiled in agreement but said, “Why would you want to take my picture? My life has been so much more interesting.” And so we sat down in the shade of a tall oak tree as she told her unforgettable story.

Lubachiuska Sophia Grygoryuna is 90 years old. She lives alone now but grew up with six brothers and described her father as a highly educated man. As a young woman she married a local tailor and raised two children while working in the fields. Her husband abandoned the family when the children were very young, forcing Sophia to become fiercely independent. It would serve her well.

One day, returning home from the fields to her small children at home with their grandmother, she was confronted by Soviet soldiers who told her she was under arrest. Sophia, with tears in her eyes, said, “They did not give a reason for arresting me, only shouted that I was somehow connected with the revolutionary movement. My children screamed in horror as they took me away, and then I was gone. I went to prison for ten years. I was terrified along with the other prisoners as we lined up outside the remains of an old rundown train and were shipped 400 kilometers north of Moscow to a prison.”

When Stalin died in 1953 some prisoners received amnesty, but Sophia was sent to Siberia for another two years. “It was very difficult to continue to survive knowing I was a prisoner. There were beautiful high mountains in Siberia. I always heard birds singing outside the prison walls, and that would make me cry. I loved nature but saw so little of it.” Finally, after ten years Sophia was pardoned and returned home. Her daughter was already 16 and her son, 18. “I went directly to the church and thanked God for my life,” Sophia said. “Today, my children are grown and rarely visit me. I live on a $10 per month pension. My life has been like a fight at every step. I still, at 90 years old, must fight to survive.”

She is not alone in her suffering. Thousands of her countrymen of all ages and backgrounds have suffered years of political and social turmoil. The Soviet Union has broken up, but the past continues to haunt the people of Ukraine. Most families live in dire poverty. There is little industry, and the closing of state farms has resulted in high unemployment.

In 1994, Heifer International began working in Ukraine with a pilot project designed to help farming families develop their homesteads and improve their livestock breeding. In 1999, Heifer opened offices in the city of Lviv with a small team of professionals, and today there are ten active projects with six additional programs under development. Heifer has helped 412 rural families in various regions of Ukraine. Heifer has donated 365 heifers, 16 horses, 135 sheep and 400 bee hives to farmers throughout the country. By the first of this year, 181 initial recipients had passed on the gift to other families in need.

In the small village of Zaviy and in the Kalush District, unemployment, scarce food supplies and local environmental degradation are some of the challenges local farmers face. Subsistence agriculture and cattle husbandry on individual farms support most of the other residents. Their work is inhibited by the low quality of the cattle they breed. Receiving highly productive cattle, agricultural equipment and training in farming techniques from Heifer International has allowed farmers to increase their nutritional standards, generate surplus income and improve agricultural practices.

On June 3, 2000, Heifer Ukraine donated 20 high-quality heifers of Simmental and Ukrainian Red and White cattle to Zaviy. The project also established an artificial-insemination site to help with quality breeding, purchased veterinary supplies and introduced a special...
faced extreme poverty and social unrest. Many families fled the rural areas to seek work in Tirana, Albania’s capital. They found few opportunities; some faced starvation.

In 2001, Heifer Albania stepped in with its Dairy Goats for the Unemployed project in the Paskugani Commune. Heifer Albania, working with Heifer France, brought in Alpine goats, a French breed well-suited to the local environment. The project is helping 60 families create their own small-scale dairy goat farms to improve family nutrition and income and reduce unemployment. The number of goats given each family depends on the family's size. A family receives from two to five pregnant goats.

The poorest families live in the bunkers that are a legacy of the Hoxha regime. Cultivated land is at a premium, with each family owning only a half-acre to 2.3 acres.

On a Heifer Study Tour, we met many of the farmers of the Paskugani Commune. Fejzo Begaj, director of Heifer Albania, introduced me to Imer Loka, the head of the commune. Also present was Xheliz Koleci, a professor and animal expert who volunteers his help to the farmers.

Despite an intensifying rain, the group of travelers walked from farm to farm, meeting the farmers and their goats. Sprinting from porch to porch, we were offered and ate candy made by the gracious farm families. As we approached a large bunker, a farmer invited us inside. At least now the grotesque bunker serves a real and useful purpose—shelter for the farmer’s goats.

Another program, in the villages of Orikum and Shengjergji, trades pregnant heifers for every two or three weapons handed over by residents. The project is a partnership of Heifer Albania, local government officials, the United Nations Disarming Program and...
animal feed. In September and October 2001, an additional 30 heifers were delivered to community members. Heifer’s host and field coordinator, Vasyl Prokopiv, explained why his community had applied to Heifer International.

“During Soviet times there was a milk farm in our village that employed 200 people,” he said. “When the farm was destroyed, local people lost their jobs. With unemployment and idle men, most are forced to travel abroad in search of work and leave their families for five or six months at a time. There is no work here and the families are desperate.

“Our people love to work and work hard in their fields. But because of the reforms in Ukraine, our population was given very little private ownership, just 2.5 acres, and we have had to work the fields by hand just to survive. Many families have wanted to buy a cow but could not afford one. That is why our land and animals are so important to us,” Vasyl said. “This project has given new hope and the rest will be done by hand with love.

“Today, we can speak with great positivity, thanks to Heifer. Men can stay in their homes with their families instead of going abroad for months at a time. Our village is extremely grateful to all at Heifer International.”

One of the original recipients, Svetlana Daniv, is a jovial woman who has been married for 22 years and has four children. When her third child, Igor, was two years old, he fell ill. He was diagnosed with leukemia—probably a result of radiation exposure after the nuclear power plant disaster at Chernobyl.

“He was born in 1986 and diagnosed with leukemia in 1988,” Svetlana said. “This project has given new hope and the rest will be done by hand with love.

“Today, we can speak with great positivity, thanks to Heifer. Men can stay in their homes with their families instead of going abroad for months at a time. Our village is extremely grateful to all at Heifer International.”

The weapons-for-livestock program allows these farmers to strengthen their herds while removing lethal arms from the area.

In the area around the village of Orikum, three generations of the family of Shaban Haskocela greeted us warmly. Last year, they traded two guns for a pregnant heifer. Now, the family introduced us to its six-week-old calf. Heifer Albania has helped the family build a cement block shelter for the cows. The family also has received feed concentrate and other farming supplies to improve the production of forage. Shaban’s family pays by the hour to irrigate their plot of 12.5 acres, which produces corn, maize, beans and other vegetables.

At the end of the visit to Orikum, Shaban and his family invited the Study Tour Group to sit on their front porch, where they served us refreshments. The group joined to sing “Let There Be Peace on Earth” for Shaban’s family. Although the family couldn’t understand the words, their faces told us that they understood the song’s message of peace and hope.

With the help of Heifer Albania, incomes will rise, animals will be passed on to other families and more guns will be traded for cows. In giving life—and cheating death—Heifer is helping Albania embrace the future.

Terri Whitehurst is a resident volunteer at Heifer Ranch in Perryville, Arkansas.
“Heifer International has given us back our lives.”

With a purebred cow Svetlana Daniv has enough milk to feed her entire family.

little money to provide for our family. We tried for eight months to receive radiation treatments but could not afford it.” Two years ago Svetlana and her family received a heifer. Life improved.

“Until Heifer International arrived our village had very few cows producing milk. We also owned a cow but it produced very little milk,” Svetlana said. “Today, we are so grateful. With the new purebred we have enough milk to feed our entire family. We give milk twice daily to the calf, and we are still able to make about $50 each month in milk sales. Because of Heifer my family and families within the group are earning money to prosper.”

And her son is better, she said. “Igor would not be alive without the help of Heifer International. He is sixteen years old now. He does not want to admit he is sick. He refuses. But today he is doing so much better because we can provide him with the nutritional diet and medicines his body needs. He is a brave boy and tries to live like the rest of us. Perhaps, with our Heifer International cow, he stands a better chance.”

Zaviy’s local veterinarian, Svetlana Prokopiev, accompanied Heifer staff to the home of recipients of Heifer livestock. Since Heifer trained the farmers, Svetlana has seen both their attitudes and care of their animals improve.

“Our local farmers knew only one method of feeding,” she said, “but because of Heifer International training they are now adding minerals to the food, improving the health and productivity of their animal. Nearly all the farmers have cows, but unfortunately few are productive or give much milk. It is costing the farmer more to just feed and keep the local cow, with very few benefits. The local breed produces, at most, three liters in the morning, while our Heifer International cows are giving seven to eight liters. There are very few families in this village that can afford to purchase a productive cow, and therefore there are no households with productive cows.”

The local breed of cow costs about $200, with a productive cow costing more than $800. That is why Heifer International is truly a gift, she said. The name of the Heifer project here is translated literally as “Help for the Families and Improving the Quality of Breed.”

“The title speaks for itself,” she said. The farmers of Zaviy see a promising future. Training in the care of animals and the environment and the arrival of hearty purebred livestock that provide an increase of milk productivity are bringing the hope of economic security. That chance meeting with Sophia was only the beginning of a day that demonstrated the courage and determination of the Ukranian people.

Kotyck Maria Dmytrivna with grandchildren Marika, 14, and Nazar, 15. Speaking of her cow, she said, “Without this gift, these children would surely have died. . . . Heifer International has given us back our lives.”
I never knew what grand really was until I saw the canyon. It’s a perspective that pulls the busy human engine of desires to a quiet halt. Taking the long view across that vermilion abyss attenuates humanity to quieter internal rhythms, the spirit of ice ages, and we look, we gasp, and it seems there is a chance we might be small enough not to matter. That the things we want are not the end of the world. I have needed this view lately.

I’ve come to the Grand Canyon several times in my life, most lately without really understanding the necessity. As the holidays approached, I couldn’t name the reason for my uneasiness. We thought about the cross-country trip we’ve usually taken to join our extended family’s Thanksgiving celebration, but we didn’t make the airplane reservations. Barely a month before, terrorist attacks had distorted commercial air travel to a horrifying new agenda, one that left everybody jittery. We understood, rationally, that it was as safe to fly as ever, and so it wasn’t precisely nervousness that made us think twice about flying across the country for a long weekend. Rather, we were moved by a sense that this was wartime, and the prospect of such personal luxury felt somehow false.

I called my mother with our regrets and began making plans for a more modest family trip. On the days our daughters were out of school, we would wander north from Tucson to revisit some of the haunts I’ve come to love in my twenty years as a desert dweller transplanted from the verdant Southeast. We would kick through the leaves in Oak Creek Canyon, bask like lizards in the last late-autumn sun on Sedona’s red rocks, puzzle out the secrets of the labyrinthine ruins at Wuptaki, and finally stand on the rim of that remarkable canyon.

I felt a little sorry for myself at first, missing the reassuring tradition of sitting down to face a huge, upside-down bird and count my blessings in the grand, joyful circle of my kin. And then I felt shame enough to ask myself, How greedy can one person be, to want more than the Grand Canyon? How much more could one earth offer me than to lay herself bare, presenting me with the whole of her bedrock history in one miraculous view? What feast could satisfy a mother more deeply than to walk along a creek through a particolored carpet of leaves, watching my children pick up the fine-toothed gifts of this scarlet maple, that yellow aspen, piecing together the picture puzzle of a biological homeplace? We could listen for several days to the songs of living birds instead of making short work of one big dead one. And we’d feel lighter afterward, too.

These are relevant questions to ask, in this moment when our country demands that we dedicate ourselves and our resources, again and again, to what we call the defense of our way of life. How greedy can one person be? How much do we need to feel blessed, sated and permanently safe? What is safety in this world, and on what broad stones is that house built?

Imagine that you come from a large family in which one brother ended up with a whole lot more than the rest of you. Sometimes it happens that way, the luck falling to one guy who didn’t do that much to deserve it. Imagine this article is an excerpt from Small Wonder, a new book of essays by Barbara Kingsolver, author of The Poisonwood Bible, Prodigal Summer and other works. She began writing this book the day after September 11, 2001, as a response to the terrorist attacks on the World Trade Center and Pentagon and in Pennsylvania. In her words, it is “a collection of essays about who we seem to be, what remains for us to live for, and what I believe we could make of ourselves.” Heifer International would like to thank her for dedicating a portion of her royalties from Small Wonder to Heifer and for supporting Heifer’s work in ending hunger and poverty around the world.

We are high in the mountains of Rwanda.
The terraced fields below us are a patchwork of carefully tended crops—maize, sorghum, pole beans, potatoes and bananas—and there are hundreds of hectares of tea. The red clay road we have just traveled is rough with gullies and water stands from the heavy rains, but today the sun is shining.

As I walk along this road absorbing the beauty of this place, I am haunted by the knowledge of the 1994 genocide in which a million people died. No one was spared from the terror as moderate Hutus and Tutsis fought for coexistence and democratic inclusiveness and Hutu extremists became proponents of ethnic cleansing. Neighbors killed neighbors and kin killed kin, propelled by the misguided vision of ethnic purity. Bodies lined the streets and the blood of hate soaked the earth. Yet in the eight years following, many of the survivors have moved ahead with healing and forgiveness. Heifer International is one of the groups helping the people of Rwanda reclaim their lives.

Along the road young children herd goats and sheep, and others carry yellow jerrican of water or bundles of firewood on their heads. Women and men greet us, and a Batwa (pygmy) man, begs for money. Some of them call out “mzungu” (white person) as I pass.

We are looking for Christine Makahumure. She comes up the footpath that leads to several small farms below where we are standing. She wears a green skirt and white patterned blouse. A colorful scarf covers her hair. A special beauty lights her face as she smiles and holds her hand out to greet Tarsis Kagvisagye, Heifer International director for Rwanda.

Tarsis asks how she is doing, “I am helping my neighbor build a shed for a cow,” she says. Then she tells Tarsis that she has been providing milk from her cow to her neighbors and their children and that when she sold her bull, she decided to use the money to build a new shed for her neighbors. Christine’s quiet words, “No one should eat bread alone,” becomes a mantra that I remember throughout the day.

She invites us to come with her to the fields below to see the shed she is building. We pass other homes, and Tarsis points out others who are Heifer recipients. Christine stops along the way to tell us about the Napier grass she has planted for animal food and the other crops growing on the hillside.

The footpath is narrow and steep and Tarsis offers his hand to keep me from slipping. Christine is surefooted and quickly leads the way. Here in sight of her own farm we meet a young couple and their two children, one a baby of about three months and one about four years old. We look for their home and find that they are living in a “home” that looks something like the mud hut of the Maasai, except that it is covered with plastic. It is less than five feet high and about eight feet wide by twelve feet long.

We are sure that all the family does here is sleep and try to keep their meager possessions dry. The children are healthy and the parents look so proud as they observe the building of a shed that will house a cow that will change their lives. Christine
had consumed 172 gallons and Christine had sold 332 gallons. The cow also produced more than 12,000 pounds of manure for her gardens.

Rwanda, with a population of 9.5 million living on 10,170 square miles, is one of the world’s most densely populated places. Every available piece of land is needed for cultivation.

Since May 2001, Heifer International has trained and given cows to 93 farmers. Another 170 cows were set to come from South Africa in June. This may seem insignificant, but Tarsis assures us that “Heifer’s small-scale dairy enterprise is the basis for a people’s future survival without servitude.” Dick Goldman, USAID director for Rwanda, tells us that as he visits the villages of Rwanda, people always ask, “When are our cows coming?” The cows have become a point of communal togetherness without ethnic segregation—with families working together for and benefiting from the cow. The “presumed enemies” have become members of the “Family-Cow Cooperative” with a restored hope of living in harmony. Here in Rwanda peace may be purchased for the price of a cow.

It is time to leave Christine’s farm. The smile on her face and the hope in her eyes represent for me Heifer International’s vision of a world of communities living in peace and sharing the resources of a healthy planet. The cows of peace are passing on the gift of life and hope.

Rosalee Sinn is senior advisor to the president and CEO of Heifer International.
Despite grave security issues, Heifer International is forging ahead with its work in Afghanistan, said Dr. Robert K. Pelant, Heifer’s Asia-South Pacific director.

In the last six months Heifer has distributed 5,380 Fayoumi chickens—10 chickens per family (both laying hens and roosters) and 113 bred heifers to project partners near Jalalabad. In the Kabul area, Heifer has provided 10,000 chickens and 50 heifers. With the animals comes training in animal health, improving gardens and preserving the environment.

Using the resources of a nursery near its Jalalabad base, Heifer is distributing tree seedlings. In the first six months of this year, 20,000 seedlings were distributed to 2,000 families. The seedlings included fruit trees—peach, pear, plum, apple and apricot—plus some fast-growing local Afghan varieties as well as eucalyptus, poplar, acacia and mulberry trees.

Heifer’s partners in Afghanistan have risked their lives to deliver animals to people in need of a sustainable way to produce food, Pelant said. “It’s very tenuous and difficult.” Even armed convoys are not safe from even more heavily armed bandits, he said.

Pelant said he hoped to see the country become more stable over time. “In the ideal future we will have more and more leeway to work in Jalalabad and Kabul, and we will expand to Kandahar, and Badakhshan province—the area that was not under the control of the Taliban, a very, very poor, neglected part of the country,” Pelant said.

Pelant said the people were appreciative, and that one widow had impressed everyone with her gratitude after she received goats. “She couldn’t imagine how her family would have survived if she didn’t have those goats,” he said. “It’s just amazing.”
The gift of a heifer, goat or chicken is the beginning of a new life of self-reliance for many refugees who have fled from their homes and villages in war-torn Afghanistan. With the gift of an animal, Heifer International provides training in animal health, which improves gardens and the environment.
Heifer Youth Invited to Speak at Event

Held in Chattanooga, Tennessee, this year’s Southern Sustainable Agriculture Working Group (SSAWG) conference featured four Heifer youth participants speaking on raising rabbits.

In the program, “How to Have Fun and Earn Money Raising Rabbits,” the four young people each took on a topic, including proper care and housing of the rabbits, nutrition, preparing for offspring and calculating potential profit. They also surprised their audience with a pop quiz. Although honored to share their experiences with conference-goers and other youth, the speakers admitted to being students first and rabbit-raisers second: “Our school always comes first.”

On the Cutting Edge

Heifer has long been concerned with the effects of agriculture and development on the environment. That’s why sustainable farming methods have been incorporated in Heifer’s work for years.

Agroecology is the term used to describe farming in a way that replenishes and restores natural resources in the environment. Now two recent studies have reinforced this approach. “The potential of agroecological techniques to combat hunger and poverty has been confirmed by two recent surveys,” the Worldwatch Institute says.

One survey, conducted by the University of Essex, found increased production in “marginal” areas where agroecological practices were used. The other, by the World Conservation Union, found that two tenets of agroecology—biodiversity and reforestation—yielded higher production at a lower cost to the farmer.

The surveys help support actions that Heifer took last year. In spring 2001, Heifer held an international Agroecology Summit in Ecuador to expand and strengthen Heifer’s commitment to the environment. From the summit, Heifer developed an Agroecology Council to help monitor, evaluate and guide the incorporation of agroecological farming into Heifer’s projects worldwide.

Heifer Engages Zambian Officials

The generosity of Heifer admirers is not limited to our loyal donors in the United States. Often, those who witness firsthand the success of programs in their own communities and countries become avid supporters. Such was the case with Zambia’s Minister of Agriculture, Dr. Mundia Sikatana.

After officiating at a cattle distribution ceremony for Heifer participants, Dr. Sikatana personally donated a cow to the project. Not stopping there, the minister then encouraged others to do the same. One colleague immediately followed suit—the minister of Community Development and Social Welfare also donated a cow.

Sporting a Heifer International T-shirt, Dr. Sikatana visited villages where Heifer works and was so impressed that he is encouraging friends and colleagues to donate at least one cow each. He has also spoken to President Levy Mwanawasa about Heifer’s work with struggling families.
Dear Heifer International,

I am aged nineteen, living in a family of five children headed by a single mother. My father became sick when I was fifteen. He was a builder. Before he became sick, we could get everything we wanted and also eat anything we wanted at any time. As his illness progressed, we survived by farming and selling vegetables. Sometimes we could not get enough food because our money went to hospital bills. After he had been ill for five years, he died.

From that time on, we had no one to pay fees for us at school. My brother—who is two years older than me—and I used to work for fees during the holidays at school in order to learn. In 2000, my mother joined Heifer, from which she received two heifers and chickens for eggs.

My entire family can now get enough food. My young brother and sisters are now getting enough for school fees from egg money. They can now go to school in a complete uniform. Since becoming beneficiaries, we are able to get milk and eggs for nutrition and manure for our garden.

Thank you,

Ndabezinhle Moyo
Zimbabwe

Our World in Focus

A new book is being released for the World Summit on Sustainable Development in Johannesburg, South Africa, and features an essay by one of Heifer’s project participants. The collection of photographs and essays, “Our World in Focus,” highlights sustainability and global issues. The reflections of Beatrice Biira, the inspiration for the award-winning children’s book Beatrice’s Goat, about a young girl who realized her dream of attending school after her family received a Heifer International goat, are included in the book alongside the writings of the Dalai Lama, Queen Noor of Jordan and others.

Created by Earth Pledge, the book will be available in August. Earth Pledge is a nonprofit organization that was established in support of the 1992 Earth Summit in Rio de Janeiro, Brazil. For more information, visit www.earthpledge.org.
**WORLD ARK**

Gift Shop

**NEW!**

2003 Heifer International Calendar
Heifer International project recipients from around the world, beautifully photographed
#NL2003, $13 each
Available in October

**NEW!**

Heifer Mug
Mug with Heifer International logo
#NM0411
$8 each

Heifer Golf Shirt
Short sleeve, preshrunk cotton pique shirt with Heifer International logo
Colors: Natural and white
Men's Sizes: S-XXL
NS4300, $20 each

Heifer Denim Shirt
Heifer logo embroidered in brown and green above pocket. Color: Light blue
Men's Sizes: S-XXL
Longsleeve—NS4100, $30 each
Shortsleeve—NS4200, $28 each

**NEW!**

Beatrice's Goat
by Page McBrier
(Simon & Schuster, 2000)
#NO0401, $7.50 each

**NEW!**

Beatrice's Goat Tote Bag
(Not Shown)
Beatrice's Goat imprinted on canvas tote bag; designed to promote Heifer's Read to Feed® program in conjunction with Simon & Schuster; Illustration by Lori Lohstoeter
#NO0401, $7.50 each

**NEW!**

Holiday Greeting Cards (order now; quantities limited)
A. Plant the seeds of peace. Open the card to find a handmade dove-shaped ornament embedded with lettuce seeds for planting after the holidays; inside: “This holiday season plant the seeds of peace and love.”
B. Animals at the Manger; inside “May the true blessings of that holy night be yours today and always”
C. Child Drinking; inside “To your family and our world family, Peace, Joy and Love”
#NCD602, $10 per pkg. of 5; #NCV699 & #NCB600, $10 each pkg. of 20

**NEW!**

Heifer Caps
Relaxed front with Heifer logo; 100% cotton
Colors: Stone or khaki
One size adjustable
NS4000, $10 each

**NEW!**

Heifer Videos
A. “Legacy for Efraín” #NV0211, $10; B. “The Promise” #NV0213, $10;
C. “The Flame” #NV0214, $10; D. “A Simple Gift” #NV0215, $10;
E. “Building Communities of Hope” #NV0216, $10;
F. “Remedies: Healing the Earth” #NV0180, $10

World Ark Fall 2002
Ark T-Shirt
Beautiful Heifer ark art by artist Stephanie Carter
Colors: White with multi-color design
T-Shirt
Adult: #NS4700; Sizes: S-XXL, $12 each
Child: #NS4700; Sizes: XS-L, $10 each

Ark T-Shirt and Sweatshirt
Beautiful Heifer animals on parade by artist Roxanna Villa
Colors: White with multi-color design
T-Shirt
Adult — #NS4400; Sizes: S-XXL; $12 each
Child — #NS4400; Sizes: XS-L; $10 each
Sweatshirt
Adult — #NS4500-S; Sizes: S-XXL; $20 each
Child — #NS4500-S; Sizes: XS-L; $15 each

Faith the Cow
by Susan Bame Hoover
Illustrated book tells children about Heifer’s first cow
#NB0705
Hardback, $15
CERES CENTER, CALIFORNIA  
2002  
September-November  
Service Learning  
Fight hunger through service with 2-3 days of activities for youth and adults.

October 4-5  
Youth for Heifer  
An ecumenical event including hands-on experiences with animals and gardening for Junior and Senior High youth to learn about Heifer’s program to overcome world hunger and poverty.

November 2  
Fall Feast  
Fall outing for the whole family! Learn more about Heifer with a video and tour while dining on fall foods.

2003  
February-April  
Service Learning  
Fight hunger through service with a 4-5 day Alternative Spring Break for youth or adult groups.

April 25-26  
“Heifer Hunger Happening”  
United Methodist Church-sponsored event including hands-on activities with animals and gardening for junior and senior high youth.

Year-Round  
Global Village  
Get a feel for the real world with this overnight experience.

Meeting Facility  
Have your meeting “down on the farm” and learn about world hunger and poverty.

HEIFER RANCH, ARKANSAS  
2002  
September-November  
Global Explorers  
Become a Global Citizen in this 2-day residential program for middle school groups.

October 3-6  
Heifer University at the Ranch  
This unique experience is focused on helping you help Heifer in your community and region. Get the tools you need to promote Heifer.

October 12  
Global Village @ 10  
Help us celebrate the 10th anniversary of the Global Village with food, entertainment and learn more about us.

October 20-25  
Outdoor Watercolor Elderhostel  
Set in the beautiful autumn foliage of the Ouachita Mountains, this week offers instruction for folks 55+ at any skill level.

2003  
February-April  
Service Learning  
Fight hunger through service with these weeklong Alternative Spring Breaks for youth or adult groups.

February-April  
Global Explorers  
Become a Global Citizen in this 2-day residential program for middle school groups.

February 23-28  
Cottage Industry Elderhostel  
Learn crafts and appropriate technology from around the world.

March 21-23  
Women’s Lambing Weekend  
Share in the lambing experience, learn more about Heifer and the challenges women face relating to hunger.

March 24-28  
Women’s Lambing Week  
Includes both the lambing experience and more hands-on activities and chores with our Ranch staff.

April 17-20  
Heifer University  
Helps you help Heifer in your community and region. Get the tools you need to promote Heifer International.

April 20-25  
Service Elderhostel  
Service and learning opportunity.

Year-Round  
Global Village  
Get a feel for the real world with this overnight experience.

Challenge Course  
Learn the ropes about hunger while challenging yourself to greater heights.

Cottage Industry  
Weave a solution to poverty at these workshops.

Conference & Retreat Facilities  
Facilities include modern lodges, meeting rooms, dining hall and international gift shop for the 55+ crowd.

OVERLOOK FARM, MASSACHUSETTS  
2002  
October 5–6  
Harvest Festival  
From horse-drawn hayrides to pick-your-own pumpkins. Great family outing!

October 13-18  
“Heifer Hunger Happening”  
United Methodist Church-sponsored event including hands-on activities with animals and gardening for junior and senior high youth.

November 15-17  
Heifer University East  
A full day of information and speaker training for people interested in taking Heifer to the streets of their hometown.

December 14–15  
Living Nativity  
A live Nativity presented hourly, international gift shop, sleigh rides, hot cider and more.

2003  
February 22  
Heifer University II  
A training of trainers on educational activities.

May 2-4  
Women’s Lambing Weekend  
Share in the lambing experience, learn more about Heifer and the challenges women face relating to hunger.

Year Round  
Day Education Programs  
Full- and half-day education programs for groups ages 10+.

Multi-Day Service Learning Program at Overlook Farm  
Two- to five-day stays where groups enjoy farm work and learn about hunger and sustainable agriculture.

For more information, contact:  
Ceres Center, Ceres, California  
Sandy Groll: (877) 841-7182  
or cerescenter@heifer.org

Heifer Ranch, Perryville, Arkansas  
Victoria Jackson: (501) 889-5124  
or victoria.jackson@heifer.org

Overlook Farm, Rutland, Massachusetts  
(877) 663-1681  
or overlook.farm@heifer.org

All locations are open year-round for drop-in visitors.  
Or schedule a field trip for your group.
Travel with a Purpose

Guatemala
November 15-29
Leader: Pamela Stone
pamela.stone@heifer.org
(877) 663-1688

Thailand/Cambodia
Animal Health Specialist
January 3-18
Leader: Dr. Roger Ellis
rellis6@adelphia.net
(518) 642-9490

Ghana
African Heritage Tour
February 12-26
Leader: Dr. Barry Colley
kelly.rollon@heifer.org
(501) 907-4925

China
Mid-June 2003
Leader: Mark Schnarr
mark.schnarr@heifer.org
(501) 889-5124

Other Trips Planned for 2003
Peru/Bolivia, India, Ukraine, Uganda/Rwanda, Ecuador, Viet Nam/Cambodia, Poland, Cameroon, South Africa, Kenya/Tanzania

You want to make a difference in the world!
You just don’t know where to start. Join us on a Heifer International Study Tour and be part of the process.
Travel to Heifer’s projects around the world. See and experience just what difference a cow or goat or chicken makes.
You will see great need and watch the solutions in action.
You will hear stories of struggle and joy, straight from the mouths of those who prevailed, and you will never think the same way about life “back home.”
You’ll visit cultural sites in the region and perhaps local markets … but the focus will be on visits to communities working together to make a better life.
Our projects are often in remote areas reached by long, bumpy roads through dusty terrain.
Accommodations vary, so travel with an open mind and spirit of adventure.
Join us to seek a better understanding of the world, to experience the work of Heifer International and return with a commitment to share your journey.

If you are interested in one of the trips, send your request to studytours@heifer.org. We will give you more information as it becomes available. Basic information on trips will be posted on our website including time frame for the trip, estimated cost including international air fare, lodging, transportation, meals and sightseeing. Tour leaders and their contacts will also be posted.

Due to the uniqueness of our Study Tours, detailed day-by-day itineraries are not always available when tours are first announced.
Our travel is determined by the projects to be visited.
Please check our website for the most up-to-date information and a complete list of trips: www.heifer.org
Once a Study Tour leader has been posted we urge you to get in touch as soon as possible as Study Tours fill up fast.
Bradley Whitford is originally from Wisconsin. So is Jane Kaczmarek. Brad is a TV star, playing White House deputy chief of staff Josh Lyman in the ensemble cast of NBC’s “The West Wing.” Jane is a TV star, playing Malcolm’s eyes-in-the-back-of-the-head mom, Lois Wilkerson, on Fox TV’s “Malcolm in the Middle.” They have a lot in common. Both have been nominated for Emmy awards (Whitford won Outstanding Supporting Actor in a Drama Series). They are married and live in Los Angeles with their two children. And they support Heifer International.

Together, they recently formally endorsed Heifer, talking about how they learned about Heifer at an alternative Christmas fair at their church in California.

Jane said she liked Heifer immediately. “It’s not just giving money away to some vast organization that you hope is going to trickle down to the people who need it. You are giving a living, breathing, breeding gift, so that you know exactly what it is that these people are going to get and you know it’s going to change their lives dramatically. And that it’s the gift that keeps giving—that their offspring will be animals that make the rest of their village more prosperous and it just represents, especially at the Christmas holidays, exactly what Christmas is...”
supposed to be about.”

Both Brad and Jane said gift-giving in Hollywood sometimes becomes ridiculous, with agents, producers and actors vying to “out-gift” each other. So when her producer asked if there was anything special she wanted, Jane asked for a water buffalo from Heifer. “I think that was the first time they’d ever given livestock as a gift to an actress,” she quipped.

Brad’s mother especially appreciates meaningful gifts, he said. “She feels very strongly that she needs to know that her Christmas is not commercial and to celebrate in the spirit … and that’s really the most important thing.”

Both Brad and Jane said they especially felt the need for Heifer and other forms of aid after the tragedy of September 11. The U.S. response “can’t just be vengeance,” Brad said. “There’s got to be compassion.”

But the main reason to support Heifer, he said, is that it is so effective. “The most overwhelming thing about it is that it just simply works.”

Four New York Children Raise Over $1,000

After raising $1,670 over two years of hard work, Valerie and Michael Stefani, Russell Woodring and Angie Browne made a list of “animals for the people” they could buy from Heifer. They made greeting cards and note cards, Bible bookmarks, and put soup in decorative jars and sold them at two arts and crafts festivals in Colden, New York. They also found other ways to earn money, like operating a lemonade stand. Nine-year-old Valerie Stefani created her own donation box and regularly searched her house for any spare change. Her mother, Beth Stefani, noted that after her searches, Valerie would then go on to convince her parents to contribute to the cause. The four children found that innovation and determination can bring great reward.

Go for the Goat

Charlene Mizenko’s fourth-grade religion class at St. Olaf’s Catholic Church in Foulsho, Washington, wanted to help the poor, so they set a goal of buying one goat from Heifer International. Amelia McLean writes, “My fourth-grade class called our program the ‘Go for the Goat’ program.” They spent a month collecting aluminum cans for 21 cents a pound. The Knights of Columbus contributed to the collection by donating the cans from its recycling center to the cause. When the money was added to some cash donations, they had enough for not one goat but two (as well as three flocks of chicks)!

A Teachable Moment

As the seniors in Tracy Burandt’s writing class in Verona, Wisconsin, leafed through old copies of National Geographic and Smithsonian magazines for inspiration, they were drawn to the pictures of people living in poverty. Instead of motivating them to write, these pictures moved them to act. Burandt seized the moment and suggested that the students raise money to buy an animal from Heifer. She notes, “Their first concern was that the family would just eat their gift for dinner and be done with it.” Once they had researched Heifer’s philosophy on the website and learned how Heifer uses livestock to produce milk, wool, eggs and sustainable sources of income for people living in poverty, however, the students started planning their fundraiser—a poetry reading. They wrote poems and stories, advertised and baked treats for the occasion. By the end of the night, they had shared their original work with their school community and raised enough money to purchase a llama ($150).

Taking the Heifer Challenge

Heifer Ranch is teaching team-building to corporate America. Under the leadership of Stephanie Houser, challenge course coordinator, corporate groups are coming to the ranch for communication exercises and problem-solving activities.

The Russellville, Arkansas, Division of Cargill recently sent 100 employees for an afternoon of problem-solving games, team-building, trust-building and communication activities. Todd Thurman, a business manager with Cargill, said, “This was a great experience for our employees, most of whom had never been to Heifer Ranch. After each activity, we had a time to reflect as a group about what was demonstrated and how we could apply it to our work lives. Being in that setting seemed to open up people’s perspective about what they are capable of doing, both on the job and as human beings sharing space and resources with one another.”
night after night, we were waging a costly war in a land whose people could not dream of owning cars or in some cases even shoes. For some, “wartime” became a matter of waving our pride above the waste, with slogans that didn’t make sense to me: “Buy for your country” struck me as an exhortation to “erase from your mind what just happened.” And the real meaning of this one I can’t even guess at: “Our enemies hate us because we’re free.” I’m sorry, but I have eyes with which to see, and friends in many places. In Canada, for instance, I know people who are wicked cold in winter but otherwise in every way free as you and me. And nobody hates Canada.

Hubris isn’t just about luck or wealth, it’s about throwing away food while hungry people watch. Canadians were born lucky, too, in a global sense, but they seem more modest about it, and more deeply appreciative of their land; it’s impossible to imagine Canada blighting its precious wilderness areas with “mock third-world villages” for bombing practice, as our air force has done in Arizona’s Cabeza Prieta Range. I wonder how countries bereft of any wild lands at all view our plans for drilling in the Arctic National Wildlife Refuge, the world’s last immense and untouched wilderness, as we stake out our right to its plunder as we deem necessary.

We must surely appear to the world as exactly what we are: a nation that organizes its economy around consuming twice as much oil as it produces, and around the profligate wastefulness of the wars and campaigns required to defend such consumption.

will do you this favor: He’s made a TV program of himself eating. If you want, you can watch it from your house. But you can’t have his food, his house or the car he drives around in to view his unspoiled forests and majestic purple mountains. The rest of the family has noticed that all his driving is kicking up dust, wrecking not only the edges of his property but also their less pristine backyards and even yours, which was dust to begin with. He’s dammed the river to irrigate his fields, so that only a trickle reaches your place, and it’s nasty. You’re beginning to see that these problems are deep and deadly, that you’ll be the first to starve, and the others will follow. The family takes a vote and agrees to do a handful of obvious things that will keep down the dust and clear the water—all except Fat Brother. He walks away from the table. He says that God gave him good land and the right to be greedy.

The ancient Greeks adored tragic plays about families like this, and their special word for the Fat Brother act was hubris. In the town where I grew up we called it “getting all high and mighty,” and the sentence that came next usually included the words “getting knocked down to size.” For most of my life I’ve felt embarrassed by a facet of our national character that I would have to call prideful wastefulness. What other name can there be for our noisy, celebratory appetite for unnecessary things, and our vast carelessness regarding their manufacture and disposal?

In the autumn of 2001 we faced the crisis of taking a very hard knock from the outside, and in its aftermath, as our nation grieved, every time I saw that wastefulness rear its head I felt even more ashamed. Some retailers rushed to convince us in ads printed across waving flags that it was our duty even in wartime, especially in wartime, to get out and buy those cars and shoes. We were asked not to think very much about the other side of the world, where,
In our country, we seldom question our right to burn this fuel in heavy passenger vehicles and to lead all nations in the race to pollute our planet beyond habitability; some of us, in fact, become belligerent toward anyone who dares raise the issue. We are disinclined as a nation to assign any moral value at all to our habits of consumption. But the circle of our family is large, larger than just one nation, and as we arrive at the end of our frontiers we can’t possibly be surprised that the rest of the family would have us live within our means. Safety resides, I think, on the far side of endless hunger. Imagine how it would feel to fly a flag with a leaf on it, or a bird—something living. How remarkably generous we could have appeared to the world by being the first to limit fossil-fuel emissions by ratifying the Kyoto agreements, rather than walking away from the table, as we did last summer in Bonn, leaving 178 other signatory nations to do their best for the world without any help from the world’s biggest contributor to global warming. I find it simply appalling that we could have done this; I know for a fact that many, many Americans were stunned, like me, by the selfishness of that act, and can hardly bear their own complicity in it. Given our societal devotion to taking in more energy than we put out, it’s ironic that our culture is so cruelly intolerant of overweight individuals. As a nation we’re not just overweight (a predicament that deserves sympathy); I fear we are also, as we live and breathe, possessed of the Fat Brother mindset.

I would like to have a chance to live with reordered expectations. I would rather that my country be seen as the rich, beloved brother than the rich and piggish one. If there’s a heart beating in the United States that really disagrees, I’ve yet to meet it. We are, by nature, a generous people. Just about every American I know who has traveled abroad and taken the time to have genuine conversations with citizens of other countries has encountered the question, as I have, “Why isn’t your country as nice as you are?” I wish I knew.

Maybe we’re distracted by our attachment to convenience; maybe we believe the ads that tell us that material things are the key to happiness; or maybe we’re too frightened to question those who routinely define our national interest for us in terms of corporate profits.

Maybe we’re distracted by our attachment to convenience; maybe we believe the ads that tell us that material things are the key to happiness; or maybe we’re too frightened to question those who routinely define our national interest for us in terms of corporate profits.

Material things are the key to happiness; or maybe we’re too frightened to question those who routinely define our national interest for us in terms of corporate profits. Then, too, millions of Americans are so strapped by the task of keeping their kids fed and a roof over their heads that it’s impossible for them to consider much of anything beyond that. But ultimately the answer must be that as a nation, we haven’t yet demanded generosity of ourselves. But we could, and we know it. Our country possesses the resources to bring solar technology, energy independence and sustainable living to our planet. Even in the simple realm of humanitarian assistance, the United Nations estimates that $13 billion above current levels of aid would provide everyone in the world (including the hungry within our own borders) with basic health and nutrition. Collectively, Americans and Europeans spend $17 billion a year on pet food. We could do much more than just feed the family of mankind as well as our cats and dogs; we could assist that family in acquiring the basic skills and tools it needs to feed itself, while maintaining the natural resources on which all life depends. Real generosity involves not only making a gift but also giving up something, and on both scores we’re well situated to be the most generous nation on earth.

We like to say we already are, and it’s true that American people give of their own minute proportion of the country’s wealth to help victims of disasters far and wide. Our children collect pennies to buy rain forests one cubic inch at a time, but this is a widow’s mite, not a national tithe. Our government’s spending on foreign aid has plummeted over the last twenty years, to levels that are—to put it bluntly—the stingiest among all developed nations. In the year 2000, according to the Organization for Economic Cooperation and Development, the United States allocated just .1 percent of its gross
national product to foreign aid—or about one dime for every hundred dollars in its treasury—whereas Canada, Japan, Austria, Australia and Germany each contributed two to three times that much. Other countries gave even more, some as much as ten times the amount we do; they view this as a contribution to the world’s stability and their own peace. But our country takes a different approach to generosity: Our tradition is to forgive debt in exchange for a strategic military base, an indentured economy, or mineral rights. We offer the hungry our magic seeds, genetically altered so the recipients must also buy our pesticides, while our sturdy native seed banks die out.

At Fat Brother’s house the domestic help might now and then slip out the back door with a plate of food for a neighbor, but for the record the household gives virtually nothing away. Even now, in what may be the most critical moment in our history, I fear that we seem to be telling the world we are not merciful so much as we are mighty.

In our darkest hours we may find comfort in the age-old slogan from the resistance movement, declaring that we shall not be moved. But we need to finish that sentence. Moved from where? Are we anchoring to the best of what we’ve believed in, throughout our history, or merely to an angry new mode of self-preservation? The American moral high ground can’t possibly be an isolated mountaintop from which we refuse to learn anything at all to protect ourselves from monstrous losses. It is critical to distinguish here between innocence and naiveté: The innocent do not deserve to be violated, but only the naïve refuse to think about the origins of violence. A nation that seems to believe so powerfully in retaliation cannot flatter refuse to look at the world in terms of cause and effect. The rage and fury of this world have not notably lashed out at Canada (the nation that takes the best care of its citizens) or Finland (the most literate), or Brazil or Costa Rica (among the most biodiverse). Neither have they tried to strike down our redwood forests or our fields of waving grain. Striving to cut us most deeply, they felled the towers that seemed to claim we buy and sell the world.

We don’t own the world, as it turns out. Flight attendants and bankers, mothers and sons were ripped from us as proof, and thousands of families must now spend whole lifetimes reassembling themselves after shattering loss. The rest of us have lowered our flags in grief on their behalf. I believe we could do the same for the 35,600 of the world’s children who also died on September 11 from conditions of starvation, and extend our hearts to the fathers and mothers who lost them.

This seems a reasonable time to search our souls for some corner where humility resides. Our nation behaves in some ways that bring joy to the world, and in others that make people angry. Not all of those people are heartless enough to kill us for it, or fanatical enough to die in the effort, but some inevitably will be—more and more, as desperation spreads. Wars of endless retaliation kill not only people but also the systems that grow food, deliver clean water and heal the sick; they destroy beauty, they extinguish species, they increase desperation.

I wish our national anthem were not the one about the bombs bursting in air, but the one about purple mountain majesties and amber waves of grain. It’s easier to sing and closer to the heart of what we really have to sing about. A land as broad and green as ours demands of us thanksgiving and a certain breadth of spirit. It invites us to invest our hearts most deeply in invulnerable majesties that can never be brought down in a stroke of anger. If we can agree on anything in difficult times, it must be that we have the resources to behave more generously than we do, and that we are brave enough to rise from the ashes of loss as better citizens of the world than we have ever been. We’ve inherited the grace of the Grand Canyon, the mystery of the Everglades, the fertility of an Iowa plain—we could crown this good with brotherhood. What a vast inheritance for our children that would be, if we were to become a nation humble before our rich birthright, whose graciousness makes us beloved.
Heifer International knows that one way to solve world hunger is to provide a sustainable means of self-reliance to those in need. To do this, we need the personal involvement of many partners. Heifer International Foundation wants to encourage you to become personally and financially involved in the fight to end hunger through the Country Endowment program.

Many of us have experiences during our lives that inspire us to care for the needs of people in a specific part of the world. You may have been a missionary; traveled with the Peace Corps; assisted a community in a foreign country as part of a construction group; or, perhaps you are a physician who has provided medical care to a country in need. There are many examples of personal connections and ways to support those in our own country, as well as other countries around the world — but Heifer International Foundation offers yet another.

The Country Endowment program allows donors to become personally involved in the development and ongoing support of the programs in the area of their interest. By establishing endowments for country programs or initiatives such as gender equity, environmental preservation, education or Heifer's AIDS initiative, donors can ensure the ongoing work of Heifer International at the local level for many generations.

Sustainability is the foundation of the work that Heifer does around the world. Our project partners are trained to become sustainable in the development of food- and income-producing animals. In keeping with the practices that we teach our partners, Heifer Foundation is building endowments for our country programs, so they may soon become self-sustaining. Once the local programs become self-sustaining through income generated from these endowments, the impact on the lives of the families they assist will grow exponentially.

Here is an example of how a country endowment provides sustainability for Heifer's work around the world. Since traveling to Guatemala with a group from his church as a teenager, John Smith has always had a longing to help the people that made an impact on him at an early age. The experience changed his life in such a way that he made a promise to return the gift he had been given. He now has an established business and a family with whom he wants to share
the values he gained from his trip to Guatemala. John wants to teach his children to care for others who have so little in a world with so much to give. By establishing an endowment for Guatemala, each year 5.5 percent of the revenue from his family’s endowment is going directly to the Heifer programs in Guatemala. In addition, John and his family make regular contributions to the endowment in honor of friends and family on special occasions. They are not only increasing the amount of assistance that is provided to the Heifer programs in Guatemala by giving these gifts, but are also telling others about their values and the work that Heifer is doing.

Heifer International Foundation has introduced the Endless Giving catalog to assist individuals, churches, groups and companies in establishing personalized country endowments to support the Heifer programs that are near to their hearts. The catalog contains detailed information about giving and overviews and examples of Heifer’s work in various parts of the world.

With a country endowment, you can ensure the sustainability of Heifer’s work

What Your Will Reveals

“It feels good to have our wills prepared and to know that hungry families will be helped with our gift to Heifer International Foundation.”

Your will says something about you. First, it says that you care about your loved ones. You want to make it easier for them by taking care of legal matters relating to the transfer of your estate. You want your affairs handled smoothly and without undue inconvenience to those who will be experiencing grief.

Second, having a will means that you have sought to conserve your estate. You can reduce taxes and probate costs by designating what things will go where and who will be responsible for handling the details. The cost savings resulting from a carefully constructed estate plan means that more of your estate can go to family members and other beneficiaries.

Third, your will provides insight into your lifetime involvements and concerns. Bequests to family members tell of your love and concern for their welfare. And bequests to organizations like Heifer speak volumes about your values.
of helping families around the world to feed themselves and provide for their families. One hundred percent of the funds from the endowment program go directly to the local country programs. With the addition of an endowment for a country program, Heifer's assistance can be multiplied to fight poverty and hunger through the gift of animals and training in their care and in the care of the environment.

Please join us in providing hope to struggling communities that experience poverty as a way of life. For more information about how you can support the ongoing work of Heifer International by establishing or contributing to a country endowment, contact the Foundation at (888) 422-1161, send an email to foundation@heifer.org, or visit us online at www.heiferfoundation.org.

Dear Friends at Heifer International Foundation:

- Please send me a Country Endowment catalog.
- Please contact me about a personal visit or other assistance.
- I have already provided for Heifer in my will.
- Please send me a complimentary will kit.

Name: ____________________________
Address: __________________________
City: ______________________________
State: ______ Zip: __________________
Phone: ____________________________
E-mail: ___________________________

www.heiferfoundation.org
(888) 422-1161

Mail this form to:
Heifer International Foundation
P. O. Box 727
Little Rock, Arkansas 72203

About You

For example, when you include Heifer International Foundation in your will, you affirm your belief in the mission of Heifer. Such action encourages those you leave behind to consider how they can also help worthy causes.

Finally, when you include Heifer International Foundation in your will, you tell us at Heifer that you want us to continue to fulfill the mission of Heifer in this world. You reveal your vision for our future! You encourage us to be good stewards of the new resources you place in our hands.

Your will says other things as well about your interests and values and commitments. And because it says so much, you are wise to think it through carefully.

We at Heifer International Foundation want you to experience the good feelings of having a well-considered and well-crafted will (or other comprehensive estate planning document). We encourage you to take care of this very important matter. And to help you, we offer a complimentary Will Information Kit that is yours for the asking. Download it online at www.heiferfoundation.org/download or use the form on this page to request yours today.

If you want to talk with us about planning your estate or about how to leave a bequest to Heifer, we are available. Contact us directly at (888) 422-1161, or visit us online at www.heiferfoundation.org.
What You Pass On

A couple of years ago I found out what “you can’t take it with you” means. I found out while I was lying in a ditch at the side of a country road, covered with mud and blood and with the tibia of my right leg poking out the side of my jeans like the branch of a tree taken down in a thunderstorm. I had a MasterCard in my wallet, but when you’re lying in a ditch with broken glass in your hair, no one accepts MasterCard.

We all know that life is ephemeral, but on that particular day and in the months that followed, I got a painful but extremely valuable look at life’s simple backstage truths. We come in naked and broke. We may be dressed when we go out, but we’re just as broke. Warren Buffet? Going to go out broke. Bill Gates? Going out broke. Tom Hanks? Going out broke. Steve King? Broke. Not a crying dime.

All the money you earn, all the stocks you buy, all the mutual funds you trade—all of that is mostly smoke and mirrors. It’s still going to be a quarter-past getting late whether you tell the time on a Timex or a Rolex. No matter how large your bank account, no matter how many credit cards you have, sooner or later things will begin to go wrong with the only three things you have that you can really call your own: your body, your spirit and your mind.

So I want you to consider making your life one long gift to others. And why not? All you have is on loan anyway. All that lasts is what you pass on.

Yes—charity begins at home. Those of you who pay for the college educations of your sons and daughters do a wonderful thing. If you’re able to give them a further start in life—a place in business, help with a home—so much the better. Because charity begins at home. Because—at a certain point, at least—we are all responsible for the lives we add to the world.

So I ask you to begin the giving, and to continue as you begin. I think you’ll find in the end that you got far more than you ever had, and did more than you ever dreamed.

Stephen King, a Heifer supporter, is the author of such renowned and popular books as “Carrie,” “The Shining” and “Cujo.” King continues to write bestsellers, most recently “Everything’s Eventual” and “Dreamcatcher.”
**Zoey says ...** Visit and explore the new and exciting Read to Feed website at [http://www.readtofeed.org](http://www.readtofeed.org).

Designed for kids, teachers or leaders, and parents, you’ll discover how Read to Feed inspires kids to be part of hopeful solutions to some very tough global problems! And you’ll learn how the program helps hungry people all over the world to be better fed, proud and self-reliant. Kids will be entertained and empowered by interactive games and features. Parents will find resources to help motivate their kids to read books so they can help impoverished people around the world. And teachers or youth leaders will find a wealth of free resources, including: a leader’s packet; a standards-based, mid-elementary curriculum that introduces kids to real solutions for ending hunger and poverty; as well as a comprehensive searchable database of Heifer’s picks for great books for kids. Don’t wait! Point and click to www.readtofeed.org, and get a head start on a great school year!

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**“The Value of Trees**

Heifer makes planting trees part of projects all around the world. Here are a few good reasons why:

- “The net cooling effect of a young, healthy tree is equivalent to 10 room-sized air conditioners operating 20 hours a day.” — U.S. Department of Agriculture
- One acre of forest absorbs six tons of carbon dioxide and puts out four tons of oxygen (annually). This is enough to meet the annual needs of 18 people.” — U.S. Department of Agriculture
- There are 60 million to 200 million spaces along city streets in the U.S. where trees could be planted. This translates into a potential to absorb 33 million tons of carbon dioxide every year, saving $4 billion per year in energy costs. — National Wildlife Federation
- “Trees can be a stimulus to economic development, attracting new business and tourism. Commercial retail areas are more attractive to shoppers, apartments rent more quickly, tenants stay longer and space in a wooded setting is more valuable.” — National Arbor Day Foundation
- “The planting of trees means improved water quality, resulting in less runoff and erosion. This allows more recharging of the ground water supply. Wooded areas help prevent the transport of sediment and chemicals into streams.” — U.S. Department of Agriculture Forest Service

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**I decided to change the world.**

*And so she did.*

**With Read to Feed® from Heifer International**

- Creative Reading Incentive Program: Children read books to help others.
- Flexible, Fun and Free: Perfect for busy parents, grandparents, Sunday school teachers, classroom teachers or church youth leaders who want to help their children become responsible, compassionate global citizens.
- Global Education: Raises sensitivity to important global issues.
- Special Note to Teachers and Parents: Optional standards-based curriculum available — also free! Order for your classroom or tell your child’s school about it. For more information or to order call (800) 422-0474. Visit the new Read to Feed website at www.readtofeed.org.

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* Six year-old Haley read over 106 books during a summer Read to Feed program, and raised over $500 for Heifer! For her, the sky was the limit!
Heifer International’s Living Gift Market is a fun-for-all-ages alternative gift-giving event for congregations, clubs and civic groups.

The Living Gift Market Guide shows you how to organize a Market from start to finish.

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