

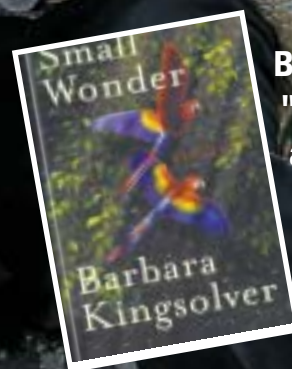
WORLD ARK

Ending Hunger · Saving the Earth

Fall 2002

Rebirth of Hope

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



Book Excerpt:
"Saying Grace,"
an essay by
Barbara
Kingsolver.



FROM THE PRESIDENT

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.



Dedication of community building with foundation stone commemorating "Mama Jo Luck."



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,

A handwritten signature in cursive script that reads "Jo Luck".

Jo Luck



2



5



12



20

Cover: Maryam, one of 10 children of Sanvel and Hranush Gharzaryan of Yeghegis, Armenia, with a goat provided by Heifer International. Hranush Gharzaryan says Heifer answered the family's prayers.

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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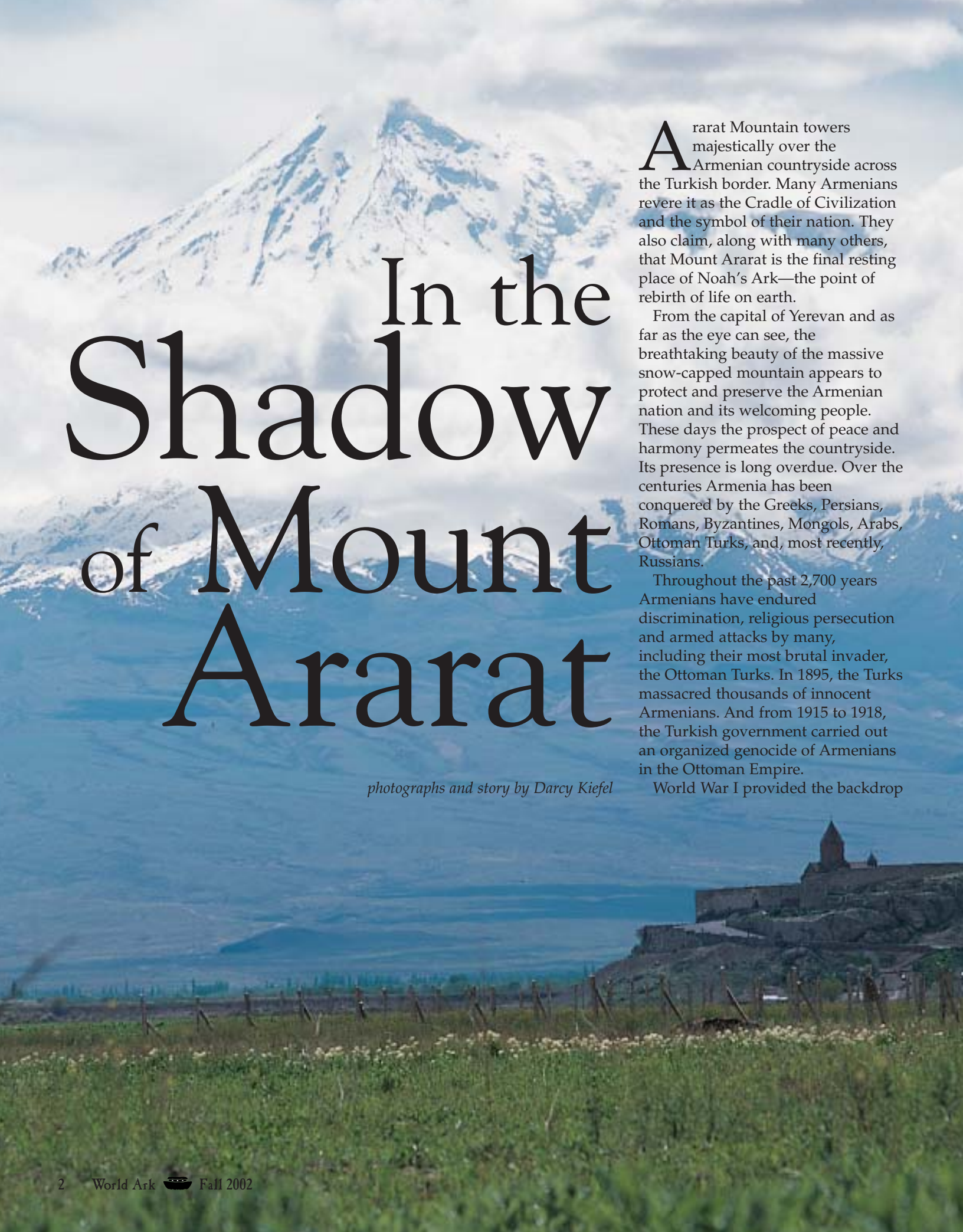
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In the Shadow of Mount Ararat

photographs and story by Darcy Kiefel

Ararat 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



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

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. Mkrtich, a soft-spoken, quiet man, explains that during the Soviet time Lenin gave an award to the village of Khor Virab for its outstanding cattle breeding and crop production. "It was a place of plenty. Khor Virab was led by collective farms, but the living was good," Mkrtich says. "After the collapse of the Soviet Union, the collective farms were destroyed and people were faced with new ownership of land for the first time in 1990. Everyone had problems because they had little or no experience in running farms on their own. That's when the conflict began for our farmers and for myself."

Mkrtich describes his life during this early time of transition as a struggle for equal rights but not for individual people. Mkrtich eventually began to turn his life around and soon learned of Heifer and its commitment to community building. "I was impressed with their philosophy and caring for complete strangers. That is when I started

caring for others." Mkrtich joined the Heifer group, received a dairy cow and has become a strong leader. "Friends and village members began to rely on me and I earned both their trust and respect," Mkrtich says. "I knew I had become a better man. Through Heifer International, I realized that leadership is by example. I had to be the best beneficiary with the best results to prove dedication."

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.”



“I am completely alone and have been so sad in the past years until Mkrtych and his family came into my life,” Sveta says. “Mkrtych has cared for me and said that I am part of his family. God bless Mkrtych and Heifer International.”

the program is new, Mkrtych, along with the other recipients, has already experienced its success. Mkrtych says, “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.” Mkrtych’s wife, Lusine, is active in the group as well and has learned much about dairy production.

Mkrtych 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. Mkrtych 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 Mkrtych and his family came into my life,” Sveta says. “Mkrtych has cared for me and said that I am part of his family. God bless Mkrtych and Heifer International. It is difficult for me to express from my heart what Mkrtych and this program have done for me.”

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. “All of us were born in this village and my wife died in 1998,” Gegham says. “Since that tragic time my mother and father joined me to take care of the children. We had a cow,

but at the same time my wife died our cow got sick and died. We couldn’t afford to buy another one. The cow had been our only source of income.”

Gegham and his family live in a five-foot-by-five-foot hut with all three children sleeping on one mat. Lack of income and food threatened the family. Gegham could not believe that an organization would train community members and deliver cows to families in need until it happened to his family. “It was three months until the cow arrived and then I believed! I remember it was a sunny February day,” Gegham says. “Finally, we received a positive change for today and our future. Hope for our family has been born



Life changed abruptly for Gegham and his three daughters when his wife died unexpectedly.

in our hearts.”

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

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Darcy Kiefel is a photojournalist living in Boulder, Colorado.

ENCOUNTER

photographs and story by Darcy Kiefel



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.



Lubachiuska Sophia Grygoryuna

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

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Bunkers, initially built to protect Albanians from what was feared would be an eventual nuclear holocaust, have been converted to shelters for farmers' goats.

Bunkers to Goats, Guns to Cows

photographs and story by Terri Whitehurst

Like former warriors beating swords into plowshares, Heifer International in Albania is transforming relics of conflict and paranoia into agents of peace and prosperity.

Albania, a land battered by invaders for millennia, once shut itself off from the world. Now this nation, long controlled by a dictatorship whose only monuments are thousands of firearms and the 700,000 concrete bunkers that dot the countryside, is welcoming Heifer International and its living gifts of hope.

Albania, though proud of its national heroes like the 15th century leader Skanderbeg, emerged as an independent nation only in the early 20th century. Even after 1913, when the major European powers recognized Albania as an independent state, the two world wars brought more invaders, including Mussolini and, later, the Nazis. In 1944, Communist partisans gained control, and in 1946 Enver Hoxha took command, ruling as dictator for almost 40 years.

During this time, Albania became increasingly isolated from the rest of the world and Hoxha began a massive program of building bunkers to protect his people from what he feared would be an eventual nuclear holocaust.

The fall of communism and the collective farming system and then, in 1997, the collapse of pyramid investment schemes that undermined Albania's economy devastated farmers in Albania's mountain areas. They

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



the Directorate of Agriculture and Food of Vlora and Tirana districts. In recent turbulent years, more and more Albanians have acquired guns. The goal is to exchange death from weapons for a better life from animals.

Livestock is the major income source for village families in Albania. Lack of land (four acres per family is the average) and poor breeding practices mean the livestock produce only seasonally. Prices for dairy products in the district of Vlora are among the highest in Albania, making it a good potential market for farmers in the region. Although the farmers know how to produce forage and make hay and manage summer pastures, they lack the money needed to improve the quality of their animals.

Lacking low-interest credit, the poor farmers of the villages were unable to improve their farms or buy livestock. 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. 🐄



Last year, Shaban Haskocela and his family traded two guns for a pregnant heifer. Their hope for a brighter future is growing with the birth of a baby calf.



animal feed. In September and October 2001, an additional 30 heifers were delivered to community members. Heifer's host and field coordinator, Vasyi 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," Vasyi 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. "Every year we had to send him to the hospital. At first we did not have to pay—just with chocolates or liquor. After the collapse of the Soviet Union everything changed, and we had very

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 Ukrainian 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."

Saying Grace

by Barbara Kingsolver

Excerpt from *Small Wonder*, © 2002 by Barbara Kingsolver, published by HarperCollins Publishers Inc., N.Y. N.Y.

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

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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.

The Cows of Peace

by Rosalee Sinn

May 10, 2002. Byumba, Rwanda.

*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 jerricans 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 Kagwisagye, Heifer International director for Rwanda.



Christine Makahumure

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



Christine helps her neighbors build a new shed for their cow.



mobilized the neighbors to build the shed. She is also helping. Christine has modeled Heifer's "passing on the gift" in a most remarkable way.

We walk back up the mountainside to Christine's home and we hear her story. In 1994, Christine and her husband were caught in a cross-fire during a battle between the Hutus and the Tutsis. As they ran for safety with their two children, Christine saw her husband and son shot to death. Somehow, she and her daughter survived.

Before May 9, 2001, Christine was a poor and lonely widow. Her elderly parents would shut themselves indoors from sunset to late morning the following day for lack of any other company or worthwhile activity.

Christine struggled to find a solution to her poverty and loneliness. Then she heard about the

Heifer International group that was giving cows. She applied for a cow and sought out others who could benefit and who could build the sheds and plant fodder for the animals. Within two days she was back bearing applications for seven more farmers.

Christine's life changed upon the arrival of their pregnant cow, which gave birth exactly two weeks later.

Immediately the village homestead became a hub of activity with a stream of excited visitors and inquisitive school children. High-ranking national leaders and diplomatic officers made their way to her door to see the miracle the cow had brought to Christine and others.

Christine's family's nutrition and income have improved, and her social status has climbed, as she shares milk with her

neighbors and the sick in the community. Her eight-year-old daughter attends school, and in the evening the family joyfully gathers around the cow.

Her house is small and there is another small house for her parents. The income from the cow has gone toward improving both houses. Christine tells us



"I was very lonely and sad after the death of my husband and son. But the cow has ended my loneliness,"

that she has adopted four other children under nine years old because she has plenty of milk for them.

"I was very lonely and sad after the death of my husband and son. But the cow has ended my loneliness,"

Christine says.

She named the cow Royal Bride because she has become a center of attraction, joy and hope.

Christine proudly shows us her zero-grazing pen and introduces us to a gorgeous Holstein heifer eating chopped Napier grass. In the eleven months before April 2002, the cow had provided 430 gallons of milk for Christine's family and 171 gallons of milk for a neighbor's family. The calf

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.



Afghan Update

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."



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.

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.

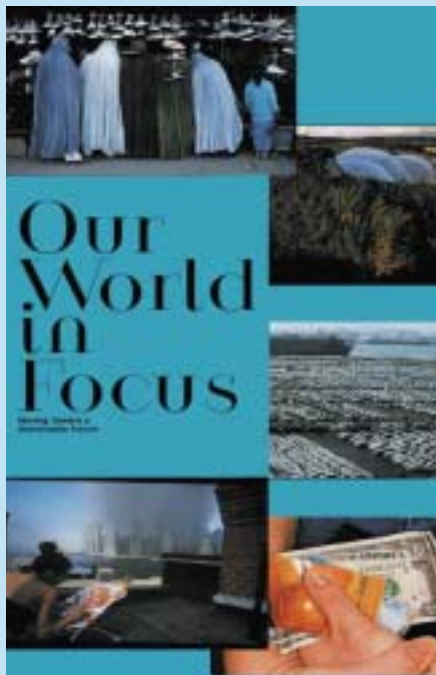
Agroecology is the term used to describe farming in a way that

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.





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.

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

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



◀ **Heifer Mug**
Mug with Heifer International logo
#NM0411
\$8 each



A
#NCD602

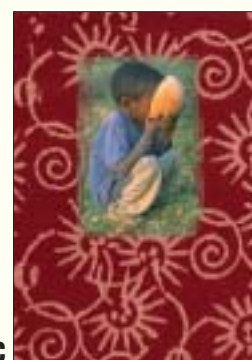
▲ **Holiday Greeting Cards (order now; quantities limited)**

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



B
#NCV699



C
#NCB600



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



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



◀ **Beatrice's Goat** by Page McBrier
Illustrated by Lori Lohstoeter, The New York Times Bestselling childrens' book
(Simon & Schuster, 2000)
#NB0700 Hardback \$16 each

◀ **Heifer Denim Shirt**

Heifer logo embroidered in brown and green above pocket. Color: Light blue

Men's Sizes: S-XXXL

Longsleeve— NS4100, \$30 each

Shortsleeve—NS4200, \$28 each

■ **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

Videos



A



B



C



D



E



F

A. "Legacy for Efraim" #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



▲ Ark T-Shirt

Beautiful Heifer ark art by artist Stephanie Carter

Colors: White with multi-color design

T-Shirt

Adult: #NS4700; Sizes: S-XXXL, \$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

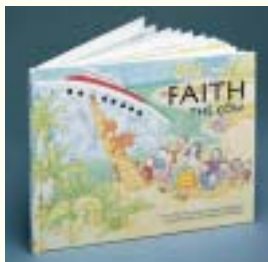
Adult — #NS4400; Sizes: S-XXXL; \$12 each

Child — #NS4400; Sizes: XS-L; \$10 each

Sweatshirt

Adult — #NS4500-S; Sizes: S-XXXL; \$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

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Over \$80.00	\$12.00
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Mail to **Heifer International**

P.O. Box 8058, Little Rock, AR 72203-8058

World Ark  Fall 2002

17

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 "Harvest Years" Service Learning

Ages 55+ assist with constructing gift baskets of farm produce amid beautiful fall foliage, farm chores and educational sessions about hunger, poverty and the work of Heifer.

October 27-November 1 Project Partner Training Weekend

Seminars on sustainable, alternative farming enterprises.

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.



TV Stars Endorse Heifer

*Bradley Whitford of "The West Wing,"
Jane Kaczmarek of "Malcolm in the
Middle," and a water buffalo.*

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

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Ray White

Heifer's director of Learning Centers, Ann McCoy (center), accepts a check for \$1,100 from Dean Alexander and Auna Hearne, who, along with other members of the Greater Little Rock chapter of Jack and Jill of America, worked concession stands at Little Rock's Arkansas Travelers minor league baseball games to raise the money to donate to Heifer.

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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

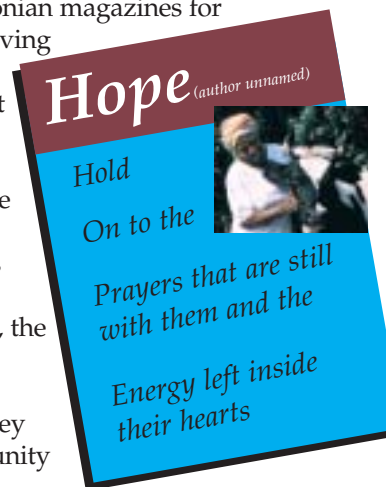
After raising \$1,670 over two years of hard work, Valerie and Michael Stefani, Russell Woodring and Angie Browne made a list of "animals for the people" they could buy from Heifer. They made greeting cards and note cards, Bible bookmarks, and put soup in decorative jars and sold them at two arts and 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 Poulsbo, 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."



continued from page 9

his gorgeous house on a huge tract of forests, rolling hills and fertile fields. Your other relatives have decent places with smaller yards, but yours is mostly dust. Your lucky brother eats well, he has meat every day—in fact, let's face it, he's corpulent, and so are his kids. At your house, meanwhile, things are bad: Your kids cry themselves to sleep on empty stomachs. Your brother must not be able to hear them from the veranda where he dines, because he throws away all the food he can't finish. He

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

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. In recent years we have defined our national interest largely in terms of the oil fields and pipelines we need to procure fuel.

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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

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

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

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

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



*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.*

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 naïveté: 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 flatly 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. 🌿



ENDLESS
GIVING
THE GIFT OF ENDOWMENT

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

Heifer International Foundation Introduces Endless Giving Catalog

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

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.

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.

(Please complete and return this reply form.)

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: _____

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Little Rock, Arkansas 72203

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by Stephen King

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—up to a certain point, at least—we are all responsible for the lives we add to the world.

But I think the most chilling thing a young man or woman can hear is, “Someday all this will be yours.” I think what a lot would like to hear is some version of, “You’re on your own. Good luck. Call if you need help—and reverse the charges.”

Now imagine a nice little backyard, surrounded by a board fence. Dad—a pleasant fellow, a little plump—is

tending the barbeque. Mom and the kids are setting the picnic table: fried chicken, coleslaw, potato salad, a chocolate cake for dessert. And standing around the fence, looking in, are emaciated men and women, starving children. They are silent. They only watch. That family at the picnic is us; that backyard is America, and those hungry people on the other side of the fence, watching us sit down to eat, include far too much of the rest of the world: Asia and the subcontinent; countries in Central Europe, where people live on the edge from one harvest to the next; South America, where they’re burning down the rain forests; and most of all, Africa, where AIDS is pandemic and starvation is a fact of life.

It’s not a pretty picture, but we have the power to help, the power to change. And why should we refuse? Because we’re going to take it with us? Please.

Giving isn’t about the receiver or the gift but the giver. It’s for the giver. One doesn’t open one’s wallet to improve the world, although it’s nice when that happens; one does it to improve one’s self. I give because it’s the only concrete way I have of saying that I’m glad to be alive and that I can earn my daily bread doing what I love. Giving is a way of taking the focus off the money we make and putting it back where it belongs—on the lives we lead, the families we raise, the communities that nurture us.

A life of giving—not just money, but time and spirit—repays. It helps us remember that we may be going out broke, but right now we’re doing O.K. Right now we have the power to do great good for others and for ourselves.

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>.

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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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

- "In laboratory research, visual exposure to settings with trees has produced significant recovery from stress within five minutes, as indicated by changes in blood pressure and muscle tension."

—Dr. Roger S. Ulrich, Texas A&M University

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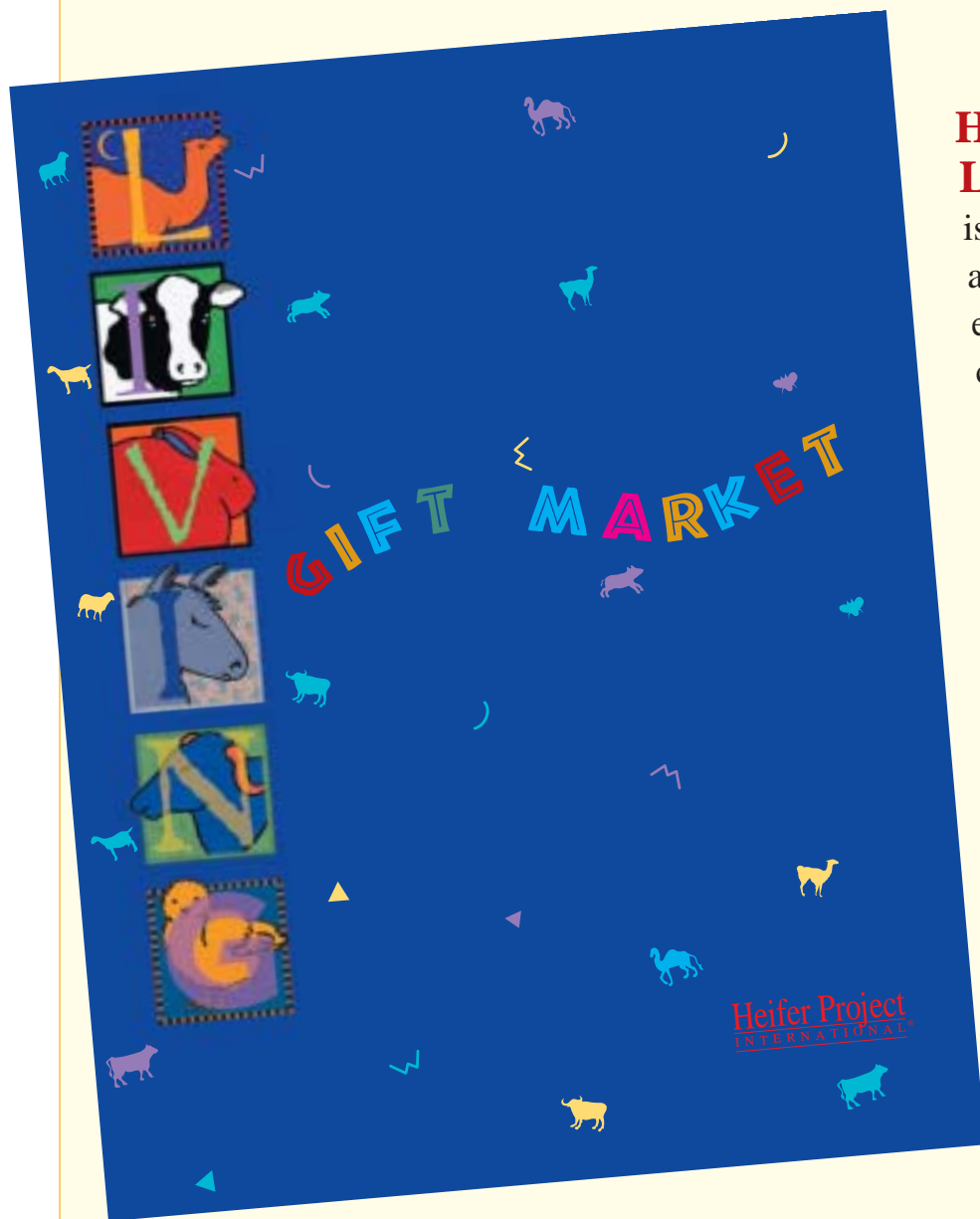
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