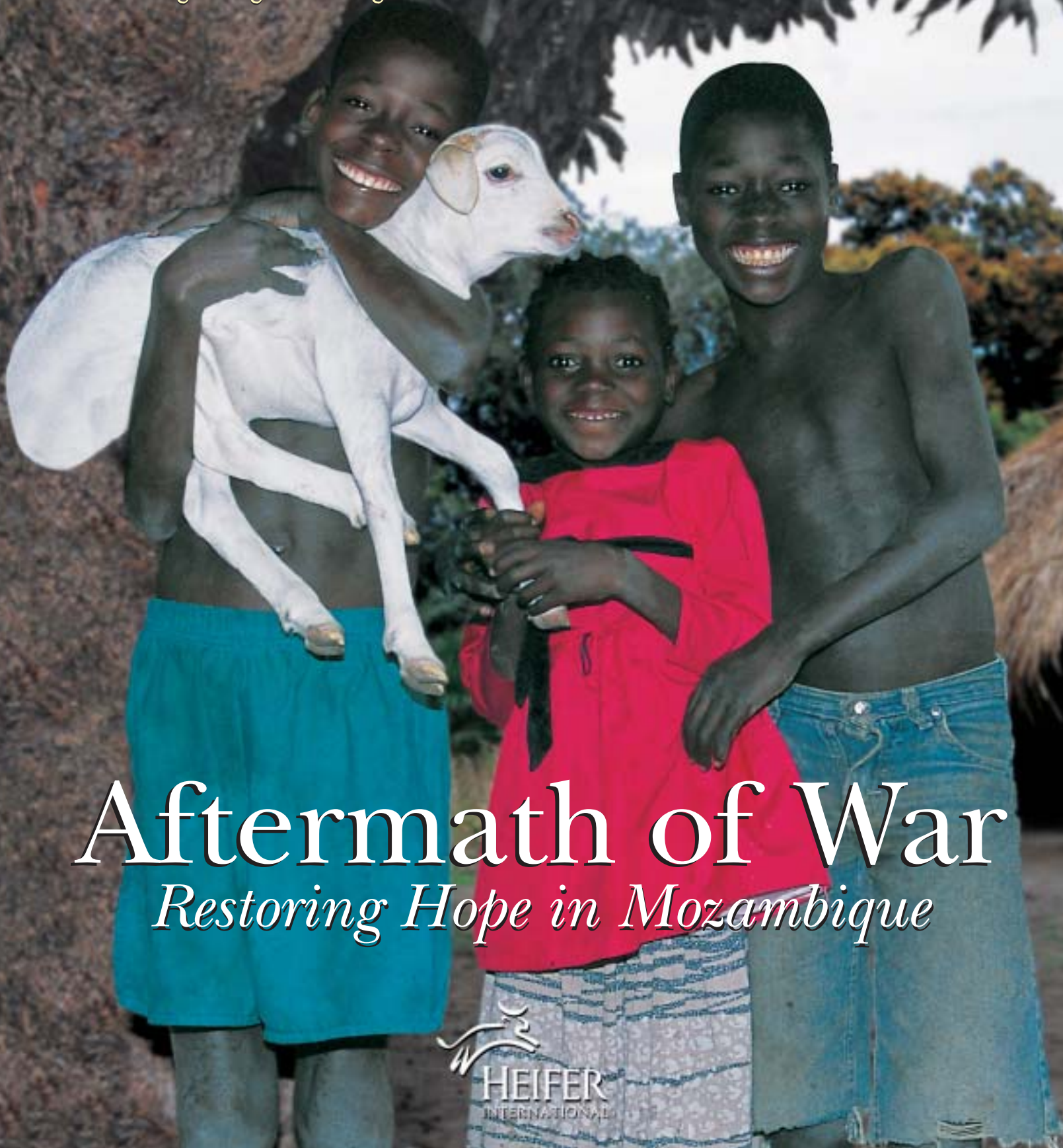


WORLD ARK

Ending Hunger · Saving the Earth

Summer 2002



Aftermath of War

Restoring Hope in Mozambique



FROM THE PRESIDENT

Dear Friends,

Sometimes it's hard for those of us in the developed world, with our modern homes, cars and mobile phones, to imagine life in a developing country. That's why I was interested in the PBS "reality" series "Frontier House," which took three modern American families and put them on homesteads in Montana in an attempt to recreate the challenges faced by the pioneers of 1883.

There are many similarities between life out West in America in the late 1800s and today's developing countries—in fact a Heifer worker recently told me he was struck by how closely the lives of PBS' "pioneers" followed those of the *campesinos* he had met recently in the highlands of central Honduras. Housing for each is a couple of rooms with a packed dirt floor regardless of how many are living there. The pioneers had to travel on foot for miles to reach the nearest trading post, just like Hondurans walking to the nearest *pueblo*. Medical care is hard to come by. And in both worlds, the people are dependent on the sweat of their brow for food and shelter and clothing.



Jo Luck with Bob Sanbloom of Heifer Ranch posing with children when animals from the ranch paid a visit to Little Rock.

The TV show relied on a gimmick, but this upscale version of a "survivor" TV series did make a couple of points clear. The first was that life would have been much more difficult without farm animals—cows and chickens and horses—for eggs and milk and meat and draft power. A few eggs or some milk could change a meal of grain and water into something much more palatable and nutritious.

Consequently, these very modern people learned quickly that they had better work hard to ensure their animals' well-being, and one of the young girls in Montana discovered a heretofore unrecognized natural aptitude for caring for animals that became a powerful, life-changing experience for her.

Well, here at Heifer we are in the business of creating powerful, life-changing experiences, and we are privileged to see them happening by the thousands all over the world due to the livestock and training Heifer provides to people who use them to change their lives.

The series held too many instances of the impact of animals to list here, but one that was noteworthy was when eggs were used to make a marvelous wedding cake; another was a reality check for a family that grimly slaughtered and ate a beloved pig they had raised.

After the families left Montana and returned to their air-conditioned homes, malls and cars, their modern life seemed surprisingly flat and boring after their experience struggling against the elements in their frontier setting. They had been many things during those months, but never bored. That, too, matches our experience with families in the Third World.

So perhaps there is a lesson here for us—a lesson about spirit, about family connection and about community—that we should tap into as we become more aware of the distracting quality of having all this stuff, that maybe it's not really healthy, and even use this realization to begin changing and simplifying our own lives.

Sincerely,

A handwritten signature in dark ink that reads "Jo Luck".

Jo Luck
President and CEO



Cover: Children of Mozambique smile brightly as they pose with their new Heifer-provided goat. The nation is rebuilding after a devastating 17-year civil war.

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

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C O N T E N T S

FEATURES

2 SILENT HEROES

Recovering from a civil war that claimed a million lives and displaced millions more, the people of Mozambique are heroically rebuilding their communities.

text and photography by Darcy Kiefel

5 THE BOUNTY OF THE BREEDS

If you thought a sheep was a sheep was a sheep—think again. There are Cotswolds, Shetlands, Katahdins, Corriedales and Jacobs to name a few. And Heifer is working with all of them.

by Ben Jacques

8 CARING FOR ANIMALS

Imbedded in Heifer's Cornerstone values, caring for animals is an integral component of Heifer's training.

by Terry Wollen, DVM

10 UNITY IN RELIGIOUS DIVERSITY: HEIFER IN INDONESIA

In a place where tensions between Muslims and Christians have brewed, Heifer groups in Indonesia are working together in harmony across religions.

by Tom Dierolf, PhD

14 GARDEN OF ANGELS

Children in York, Pennsylvania, find positive uses for their after school time—like raising worms and vegetables.

text and photography by Jenna Mulhall-Brereton

18 BEES AT WORK

The unsung heroes of the agricultural world, bees increase crop production and at the same time provide honey. In Honduras, bees help Heifer small farmers diversify their incomes.

by Ray White

DEPARTMENTS

12 HEIFER INTERNATIONAL AROUND THE WORLD

16 HEIFER HAPPENINGS

21 GLOBAL EDUCATION CALENDAR

22 BOOK REVIEW

Lester Brown's *Eco-Economy: Building an Economy for the Earth*
by Christian De Vries

23 TRAVEL WITH A PURPOSE

24 GIFT SHOP

26 HEIFER INTERNATIONAL FOUNDATION

28 REFLECTION

Mystery Cow

by Eileen Dolbeare

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SILENT HEROES

photography and story by Darcy Kiefel

They were forced to run from neighboring enemies in their beloved homeland. They lived for years in hiding while their homes were burned, their crops destroyed and their animals slaughtered. They survived for days at a time without food or water. Teaching their children how to move in silence, the entire family ran when danger approached. Their lives were destroyed yet after the war these brave souls began to restore their lives and look toward the future. They are the silent heroes of Mozambique.

The rest of the world heard little or nothing about the war that raged for years in the fertile and lush countryside of Mozambique. Mozambique had been a colony of Portugal until its independence in 1975 when 500 years of Portuguese influence was shattered by liberation forces. The Portuguese, who had controlled the economy, left almost overnight and Mozambique instantly became a social and economic ruin. Soon after, a 17-year civil war erupted between

the FRELIMO Nationalist Guerrillas (Frente de Libertacao de Mozambique) and the RENAMO (Mozambique National Resistance). The battle raged largely in the rural areas, destroying the local communities.

More than a million people died in Mozambique from famine and war, one million more fled the country and hundreds of thousands of others were displaced from their homes. By the late 1980s Mozambique was considered one of the poorest countries in the world.

In 1992, the two warring factions agreed to sign a peace treaty and Mozambique elected a FRELIMO government and a RENAMO opposition. Only then did the people of Mozambique begin to deal with the trauma of war and set about restoring their lives.

Without participating in the fighting, Mozambique's silent heroes suffered the scars of its battle. Stripped of their dignity, their self-worth and their worldly possessions the farmers in the rural areas fought a battle for survival.

It is almost impossible for people untouched by war to grasp the strength and courage these

individuals embraced as they moved forward. Velosa Malave, an elderly man from the Zambezia Province painfully remembers, "In colonial time I had a beautiful life. I was a good farmer and a strong man. I had everything I ever needed for my family and myself. I had land, animals, and my crops flourished. This was all lost when the war came, even our power and strength. We had to fight every day just to survive."

Before the war, the people of the Zambezia Province had lived peacefully in a land of fertile soils, abundant forests and grass-producing savannas. The war destroyed infrastructure and prevented education and human development. Nearly all the livestock were either lost or killed. In the end, the Zambezia district and the rest of Mozambique struggled to regain stability.

Coming Home

After it was over, they returned to dusty plots of land where their homes once stood, where they had produced crops, tended livestock and listened to their children play in peaceful harmony. The war had created only eerie sounds of silence.

By the war's end in Mocuba (which is included in the Zambezia District) 90 percent of its 43,000 inhabitants were living below the poverty line. Family



Reclaiming their voices: Five speak of the horrors of war

income had dropped dramatically. A typical family had only \$1 per day to cover all expenses, including food, medicine and education.

In 1995, Heifer International and Winrock International Institute for International Development were awarded approximately \$800,000 by the U.S. Agency for International Development (USAID) for a goat project to help families in Mocuba pull themselves out of poverty. The original goat distribution exceeded 2,500 animals to members of 60 farming groups. A total of 1,663 offspring from these goats have been passed on to another 375 families and group members between 1996 and 1999.

Although Heifer was instrumental in restocking livestock in rural areas the true heroes were the survivors themselves. "We are quite special in Mozambique because of the wars we have survived. And what is unique about our people is that we are extremely committed to transforming our lives," explains Heifer International's country director for Mozambique, Domingos Cunhete. "When Heifer International-Mozambique approaches a community it is very important to understand the stages that have passed on. It is incredibly delicate and we must be careful not to copy the structure and training of other countries. It will take time to strengthen the projects as it took time for the people to strengthen themselves. The goats they received from Heifer have been a gift of a lifetime for them. Throughout the painful journey, Heifer International has never left their side."

Since 1995, inflation in Mozambique

Heifer International sat down to listen to some of the survivors of the war in Mozambique as they told of their painful experiences. An intense stillness filled the air. They said it was difficult to talk about those hard times but they wanted others to understand what they had been through in the hope that others would be helped.

After a long period of silence Agostinho Morola Pauha courageously stood up and explained, "During the war we ran to the bush and slept there in fright. Eating and surviving became more difficult day after day. We had no clothes and tore bark from the trees to protect our children from the cold and keep them warm in the night."

Agostinho's daughter, Lucia, was only nine years old at the time but remembers, "We were sleeping in the cold without covers and wrapping our feet in plastic bags to keep



Agostinho Morola Pauha (above) now has hope for his family and their future.

them from freezing. I remember seeing only the movement of people running in fright and soldiers stealing our possessions and our lives. We could not go to school as they burned them down and many times killed the teachers."

continued on page 4

continued from page 3

Albino Muanavava recounted what was difficult to even imagine, "During the war all I did was suffer. We ran to the bush and I would teach my children how to run away from the enemy, not making noise or attracting attention. While we were all running I imagined the whole world was at war, running and suffering the same. We had nothing to eat and many times I tried chewing leaves for the children to eat. We lost three of them. I now imagine the leaves were poisonous because they died a few days later. We were desperate. It is so difficult for us to remember these painful experiences as we have tried so hard to forget."

Determination was etched on their faces as they continued to share their painful memories. Armando Munacoda explains, "The soldiers took everything and we often ate the roots of the plants that grew in the bush. When there were no more edible roots we were forced to eat termites and the soil from the homes of the termites. At times soldiers, who could not determine the difference between the enemy and the public,



Being able to help others by passing on the gift of livestock and hope is a true sign to Alves Mangagao (left, passing on the gift of a goat to a neighbor) that healing is underway.



has fallen from 70 percent to 5 percent and the country is on an economic upswing. For the first time in many years, the rural areas are producing enough food to feed the population. Animals graze near homes and in fields where there were none found after the 17-year battle. Arthur Pedro explains, "Children born after the war did not even know what an animal looked like, they had never seen one in their lives. Heifer brought the first goats to our homes and now the children are experienced in Heifer training to care for them."

The people of Mozambique are quite remarkable. They lost their possessions, their independence and their loved ones. Since then they have successfully attempted to rebuild their lives in the face of overwhelming poverty and have done so with an incredible amount of inner strength and courage. Now that peace prevails, farmers have taken advantage of the plentiful rainfall, rich soils and abundant natural forage to grow crops and raise animals as before.

"We know now that even during the war, Heifer felt our suffering," says one survivor, Alves Mangagao. "That is why they are here today. We now have a vision of our future because of these goats and Heifer International support. We have returned to live our lives as if nothing happened."

Darcy Kiefel is a Heifer International photojournalist living in Boulder, Colorado.

THE BOUNTY OF THE BREEDS

pressures have led farmers to propagate relatively few breeds, selecting animals for machine-like productivity. These commercial varieties, stressed in crowded enclosures and feedlots, pumped up by growth hormones, maintained on antibiotics, have lost the hardiness and adaptability of their ancestral stock, and in some cases have developed undesirable traits.

Meanwhile, many of the old breeds that served our grandparents and their parents have dwindled or vanished. Between 1900 and 1973, reports the Rare Breeds Survival Trust (RBST), more than 20 breeds of British farm animals disappeared, their gene pools lost forever.

In North America, where most animals stem from European stock, numerous other breeds have disappeared, and approximately 40 large breeds and many more small breeds are

endangered. The American Livestock Breed Conservancy (ALBC) keeps a conservation priority list of endangered animals, from donkeys to ducks. It includes Navajo-Churro sheep, brought to the Southwest by Spanish ranchers; Devon cattle, originally from England; and Tamworth pigs, a breed with English-Irish ancestry.

The ALBC's "critical" and "rare" list includes several

Around the world, Heifer is working to protect endangered livestock.

by Ben Jacques

It's a bright, wintry day in Massachusetts, and Kate, the veteran border collie at Heifer Overlook Farm, has just been sent to the lower pasture to round up livestock.

Responding to the whistles of her master, Kate heads up a menagerie of cattle and sheep, along with Chester, their faithful guardian donkey, two water buffalo and a yak.

It's a remarkable collection, rich in diversity, representing breeds that go back centuries, even millennia. When the cattle arrive, then cluster to forage beside snow patches, I marvel at the colors and the thick, healthy coats of an auburn Scottish Highlander, a chocolate Irish Dexter, and two white-spritzed Randall Linebacks. Then there are the Belted Galloways with their "oreo" bands, and a friendly, reddish Jersey.

Nearby are the sheep: Cotswolds and Shetlands, Icelandics and Katahdins, Dorsets and Corriedales—now what's that strange looking sheep with spots? It's a Jacob, a rare, ancient breed of Mediterranean lineage. Both rams and ewes grow horns. I have seen Jacob rams with four and six horns.

In the bright sun, farm manager Dale Perkins continues the tour into the barnyard, introducing me to a

variety of old, rare or crossbred livestock: African Boer-Nubian goats; Dominique, Polish Crested and Rhode Island Red chickens; and a raft of ducks—Khaki Campbells, Indian Runners and a Swedish Blue.

Perkins' delight in the diversity of Heifer International farm animals signals more than just one farmer's interest in traditional and rare breeds. It represents the organization's support for the preservation of invaluable genetic resources on behalf of small farmers and communities around the world. Unfortunately, these resources are in peril.

In the last century, mechanization, globalization and intense market

Overlook Farm Steward Dale Perkins with a Jacob sheep.





The Belted Galloway breed of cattle stands out in a crowd with its "oreo" markings.

varieties at Overlook Farm: Randall Lineback cattle, Cotswold sheep, Dominique chickens. Other varieties appear in the "watch" and "recovering" categories.

"I think it's important to protect our genetic varieties," says Perkins, who grew up on a farm in Minnesota, then studied diversified livestock before becoming steward at Overlook Farm. He maintains that old, rare and native breeds—what many are now calling heritage livestock—can benefit us in many ways.

"Many of these heritage breeds grow slower or produce less milk than common commercial breeds," Perkins states. "However, they often have longer productive lives, and, with cattle as an example, have the ability to grow to a quality, finished stage in the pasture under conditions in which conventional cattle would require grain and shelter supplementation."

As a rule, heritage livestock are hardier, more self-reliant and more resistant to diseases. They also tend to bear their young easily

and have strong maternal instincts. These are important characteristics for small-scale farmers. They are also important qualities for the environment.

"Heritage breeds are more adapted toward sustainable agriculture practices," Perkins continues, "where less emphasis may be put on production and more on ecologically efficient use of land resources."

Today, besides the ALBC and RBST, several organizations are working to preserve and reintroduce heritage breeds. One is Alliance Pastoral in France, an association of 22,000 farmers raising heritage breeds for quality products. Another is the New England Heritage Breed

Conservancy, allied with the New England Livestock Alliance. Their goal is nothing less than the regeneration of New England farming using "green" agricultural practices.

Heifer is also making significant contributions. Stories of success with heritage breeds are inspiring—Polish Reds and Romanian Spotted



cattle, for example. Poland's only indigenous cattle, Polish Reds were threatened with extinction after the government in the 1960s pressured farmers to switch to Holsteins. But the Holsteins developed problems with skin and hoof diseases. After the break-up of the communist government, Heifer began reintroducing Polish Reds, making grants to families suffering from widespread unemployment.

"Heifer International was the first to reintroduce this breed," says Rafal Laski, program director for Central and Eastern Europe (CEE). "Then the government noticed what we were doing, and they got involved." Hardy, resilient, smaller and with sharp hooves, these cattle are a better match for the mountainous terrain of southern Poland.

Celebrating its 10th anniversary this summer, the CEE division claims other remarkable successes, like the



Heifer is reintroducing the Furioso North Star horse (above) and Polish Red cattle (below) in Central and Eastern European programs.

reintroduction of 1,000 Simmental cattle with over 700 heifer pass-ons in Poland.

Heifer is also helping to save an endangered horse breed in Romania, the Furioso North Star, reintroducing it on small farms for draft and transportation. And it is making grants of an old, small breed of horse in Ukraine, used to generate income by providing tourist transportation.

Beyond Europe, Heifer is using indigenous or heritage livestock in a

wide range of local projects. In the Philippines, for example, farmers use the native carabao, or water buffalo, as a multi-purpose draft animal.

"With its wide body, heavy build and big hooves, it serves as an inexpensive 'tractor,' effectively cultivating, pulverizing and plowing the soil to make it ideal for planting," reports Rey Gambe of Heifer-Philippines. The carabao also make excellent "trucks," hauling produce to market in areas unnavigable by motor vehicles.

In the Himalayan regions of Myanmar, Heifer families are receiving grants of Mithun, an old bovine breed with characteristics of cattle and yaks. In mountainous terrain, this large breed, which one author has dubbed The Mighty Mithun, make excellent draft animals. They are also used in some regions for dairy purposes, as their milk is higher in fat content.

Heifer farmers also use dairy buffalo in Nepal and India, swamp buffalo in Cambodia, yaks in Tibet, camels in East Africa, alpacas in Bolivia, guinea pigs in Peru—animals appropriate to the local environment.

Heifer has relied on several adaptable breeds in projects serving Afghan refugees in Pakistan, such as Fayoumi poultry. This breed is small, but easy to manage, while providing high quality meat and eggs. "They are ideal for women and their families for immediate sources of food, as well as something they can take back as hatching eggs to Afghanistan if they are able to repatriate," reports Robert K. Pelant, veterinarian and Heifer International program director for Asia and the South Pacific.

Heritage livestock play another role in Heifer International projects around the world: cross breeding. "Traditional breeds can influence other varieties," Perkins says, "bringing good characteristics to indigenous stock." Carefully planned

breeding programs thus combine beneficial traits of hardiness and adaptability with those favoring increased production.

Examples abound. British Saanen dairy goats crossed with local breeds in China's Sichuan Province have boosted milk production by 90



Yaks are traditional and appropriate draft animals on the Tibetan plateau while llamas, indigenous to the Andes, are a natural fit for Peruvian projects.



percent. Corriedales and Dorset sheep have been bred with good results with indigenous varieties in Guatemala. In Honduras Heifer has used cattle that are a cross of Brahmin and Brown Swiss. The result is a variety well adapted to the subtropical climate and mountainous terrain. Cross breeding has also been highly successful in Africa.

Heifer International also puts to good use rare American breeds, as in a recent shipment of 10 Mammoth Jack Stock donkeys to Honduras. The donkeys will be bred to produce mules, enabling remote farmers to transport their products to markets. Heifer also sent Katahdins, a new variety of sheep developed in Maine,

to Honduras. Bred from sheep in the Caribbean, British Isles and Maine, they tolerate heat and humidity well and are relatively easy to manage.

Although Heifer uses heritage and crossbred livestock for particular purposes, the organization also uses commercial breeds from other countries when that is the best solution. One example, reports Africa program director Barry Colley, is Heifer International's distribution, with the U.S. Agency for International Development, of 500 Jersey heifers in Rwanda. These adaptable, easily managed cattle are a good match for farmers with small farms and little dairy experience, Colley says. Heifer has also had excellent results in China with Yorkshire pigs and Californian and New Zealand White rabbits. The aim is always to find an animal and breed that best suits both the farm

family and the physical and economic environment. Most animals are acquired locally when possible, rather than being transported into the country.

Back at Overlook Farm, as Dale Perkins and I are leaving the pasture, a smallish, stocky Icelandic

ewe with rich, thick fleece bumps me in passing. Icelandics represent one of the oldest and purest breeds of sheep, known for the quality of its wool. They come in many colors. This one has a yellow rectangle on her forehead, as if it were a headlight to guide her way. She did not bump me out of curiosity, or affection, I believe, but simply because I was in her way. I laugh and think, now there's a walking gene pool with attitude!

Then I think of all the breeds and their beauty, and the bounty they represent for humankind, now and in the future. 🐾

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Ben Jacques is a teacher and writer in Stoneham, Massachusetts.



Caring for Animals

What an animal can mean to rural families around the globe, and why its health and well-being is so important to them—and to Heifer!

by Terry S. Wollen, DVM

Shushla's luck had run out. Her husband had left Nepal for Arabia, leaving Shushla and her two children to clean houses just to survive. They had a place to live but the money wasn't even enough to pay for school necessities. The future looked bleak.

But then Shushla heard about a group of village women who were learning to raise dairy cows using a set of principles called *Cornerstones* (see top of this page) that included Genuine Need and Justice. Shushla certainly had genuine need and suffered from a lack of justice. She joined the group and began learning Improved Animal Management that could provide her family Food and Income and Sustainability and Self-Reliance.

Shushla's luck began to change when she met a man not connected to Heifer taking his worn-out cow to slaughter because it was not producing milk. With her new Training and Education and a small loan from her group, she bought the cow for \$30 and began an improved feeding program and a therapeutic de-worming. Soon, the cow regained its health and was able to be bred. Following the birth of a calf there was enough milk to pay back the loan and outfit the children for school. Given the right care, her cow helped Shushla provide for her children.

Shushla is no exception. Owners of Heifer animals often go to exceptional lengths to provide excellent health and husbandry care to their animals.



Thorne Anderson

Training in proper animal care is a key part of the Heifer model. Training families to use the animals in a holistic way provides long-term sustainability. Life is just better when animals and people are healthier, and the two go together.

When Heifer partners meet in rural villages, they often have intense discussions about how to improve the family's well-being and community environment—discussions that center on various aspects of Heifer's Cornerstones, which represent the values Heifer International teaches as part of every program it sponsors. Village and community families are able to implement projects that make real changes in their lives.

These projects might be such things as a community savings and loan program, education for children who haven't been able to go to school (including education of girls as well as boys—a new concept in some countries), tips on the construction and health benefits of family toilets, increased literacy for women and

changes in forestation practices. One important topic that is always included is the proper management of their new animal.

Learning Improved Animal Management leads to the progress the family will make in their own lives and to the well-being of the animal. The placement of a cow, a goat, a flock of chickens or a water buffalo—or any of the 27 other kinds of animals in Heifer's program—with struggling families in poor communities provides the means to produce nutritious food and sustainable income for their children. The animal becomes part of the economic and social environment of the family as they strive to become self-reliant.

Health and well-being topics may vary depending on the region and which animal the participants choose. But they always include training in the following:

Animal nutrition. A complete balanced diet using the perfect balance of animal feeds is normally not within the ability of the Heifer family to purchase, grow or provide. (This is also true of their own diets.) Heifer's training programs teach basic dietary requirements for the animals and how to provide for them using fast-growing plants that can be grown locally. Animals eat plants that humans can't, so they aren't competing with them for food. In places where it's impossible to grow enough feed, families are taught the best substitutes to buy locally. Families in the Philippines, for example, plant special trees and

shrubs between rice paddies and in other marginal land that can be cut and carried to their livestock. The training also includes learning about providing adequate water. Dramatic improvement in animal condition is noted between animals owned by Heifer-trained families and others in the area.

Health care is difficult to find in rural project sites. Graduate licensed veterinarians cannot thrive on the poor economics associated with villages where Heifer works. Thus, Heifer project staff and local veterinary educators introduce proper animal healthcare by providing special training sessions for villagers who have taken on the responsibility of animal health prevention and care in their locale. These are variously called from country to country by the name of Village Animal Health Workers, Community Animal Health Volunteers or Village Volunteer Livestock Development Workers.

Health prevention is taught in cooperation with government veterinary officials. Vaccinations appropriate for the area are either provided by the country's regional veterinary office or initially by the Heifer project budget. Families are taught how to continue preventive programs; with commercial vaccines or with management practices that protect animals from disease.

Health treatment is difficult because medicines, supplies and diagnostic capabilities are either unavailable, not affordable or are beyond the management sophistication of the animal holder. This is where Heifer's focus on sustainable practices emerges. The Heifer-trained village animal health workers play a key role in day-to-day health practices. They either use local natural substances that are known to provide specific medicinal benefit or are able to acquire and use commercial products according to label

recommendations.

Animal health security is another vital aspect—both for the villagers and their animals. Diseases such as Brucellosis, Tuberculosis, many parasitic infections and other diseases can spread between humans and animals. This is a particularly difficult situation in most areas where Heifer works. Many governments have no program to identify serious diseases and to remove animal carriers of disease. Thus, the farmer is left with the expense of treatment, the loss of the animal or risking the health of the community members if the disease should move out of control. Once again, village animal health workers are taught to be early sentinels of health changes in the animals of the area and to seek assistance when changes occur that are threatening.

Animal husbandry is part of the training in which family members learn to keep animals under conditions that are suited to their natures and enhance their natural abilities by providing additional food, protection, care or shelter from extremes of climate, predators, disease and drought.

This usually results in a balance of resources and space in the small farmyard shared between the family and the animals. It means construction of an animal shelter to protect it from the weather and to keep the animal from destructive wandering on fragile lands. Husbandry extends even further into individual animal care to enhance their comfort, such as hoof trimming,

periodic shearing, and the provision of exercise and relaxation areas.

Alongside Heifer's concern for animal health and well-being is a focus on **environmental management**. Newer techniques in manure composting are taught that could eventually lead to installation of biogas units, using methane gas produced from manure. Use of biogas as an alternative to wood-burning stoves protects declining forests from over-cutting for firewood. Heifer often provides tree seedlings and training in their management to help forests.

Zero-grazing is a natural companion to environmental management. Raising animals in large pens made of native substances and turning them out for periodic exercise provides many opportunities to enhance health and welfare of animals. Zero-grazing housing protects the animals from the weather and from predators, ensures provision of adequate food and water, reduces aggression in many species and enhances the producer's ability to observe and handle animals when they require care. Zero-grazing also benefits the environment by avoiding over-grazing which can lead to soil erosion.

Heifer is intentional about the health and well-being of project family animals. That focus leads to the sustainability of families and the strengthening of the community. As Shushla's story illustrates, the well-being of the family is directly related to the well-being of their animals. 🐄

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Dr. Terry S. Wollen is the coordinator for animal health at Heifer International.



Matt Bradley

Muslims and Christians may be at odds around the world, but Heifer International's work in Indonesia shows that people of those faiths, and others, can co-exist harmoniously. Heifer's spirituality Cornerstone is exemplified across the religious spectrum.

Heifer started up a fulltime country program in Indonesia in October 1997, eight months before the fall of the 32-year Suharto dictatorship. Heifer Indonesia focuses on strengthening local community organizations and farmer groups on the island of Sumatra by using values-based planning and management following Heifer's Cornerstones Model. The model encourages groups to identify common values that guide their activities.

Heifer Indonesia's eight staff members represent two religions and four ethnicities. Many of Heifer's partner organizations have both Christians and Muslims on their staffs. Some of them also work with both Muslim and Christian farm families. This is remarkable because opportunities to work with Christian farm families are limited in the mostly Muslim island of Sumatra.

Many of Heifer-Indonesia's training sessions include the use of various religious writings, but predominantly those of Islam and Christianity to reflect the backgrounds of the training participants. The sacred texts of all religions contain writings that stress particular shared values, such as truthfulness. Participants select from among a number of writings to reflect upon and share. Often, they are inspired by sacred writings from a religion other than their own.



Unity in Religious Diversity: Heifer in Indonesia

by Dr. Tom Dierolf

A couple of years ago, a doctor friend helped me facilitate a training of 27 people in learner-centered education. "I just treated an American couple who are very worried about the situation here," he lamented. "As non-Muslims, they feel unsafe here right now."

We felt very safe and wondered why they had, according to us, formed this erroneous impression. Meanwhile, I observed the workshop participants as they were working in pairs. Each pair had to work closely together to design and facilitate a 40-minute activity for each of the next two

days. Having gone through this workshop myself, I knew what a nervous and tense time this was.

Happily, I pointed out to my friend that each of the 10 non-Muslim participants was paired up with a Muslim. Participants chose their partners for this stressful and intense activity based on reasons other than having the same religion.

A local organization: Yabima

Yabima (The Self-Reliance Foundation) is a non-governmental organization that began as a part of the Synod of Christian Churches of Southern Sumatra. Achieving official legal status and independence in 1985, Yabima is still accountable to the Synod's Council comprising 78 parishes that meet every three years. Yabima's staff includes three Muslims, four Protestants, and one Catholic. They work with both Muslim and Christian farm families.

In addition to using Heifer's Cornerstones Model with

their farmer groups, Yabima also uses the Cornerstones Model for its own strategic planning, as do many other organizations that partner with Heifer. Some of the values they have identified include unity, responsibility and professionalism. From Yabima's success, the Synod also funded seven churches that went through the Cornerstones Model process to support activities such as a halfway house for street children, primary school scholarships and the building of latrines, footbridges and wells. Along with Yabima, Heifer is proud to be able to work with several farmer groups that exemplify this religious mix in the villages of Moro Seneng and Bumi Ayu.

A farmer group: Usaha Mandiri

"I am very proud of what this group has accomplished, especially in how they provide an example of how Muslims and Christians can work together," said the Muslim village chief of Moro Seneng in Lampung Province. He was addressing attendants at a joint prayer meeting that one of Yabima's farmer groups, Usaha Mandiri, sponsored early this year. Village leaders, group members and neighbors attended. An Islamic scholar read from the Koran, after which a priest gave a sermon. Together they prayed for forgiveness, protection, safety, peace and for a harmonious New Year. They prayed for the community, the government, their partners and for Heifer International.

Usaha Mandiri consists of 29



Muslims and Christians involved in Heifer's program in Bumi Ayu village (above) find that they share common values. By working together, more families like the Samadis (right) in Moro Seneng village can benefit from Heifer farm animals and positive community development.



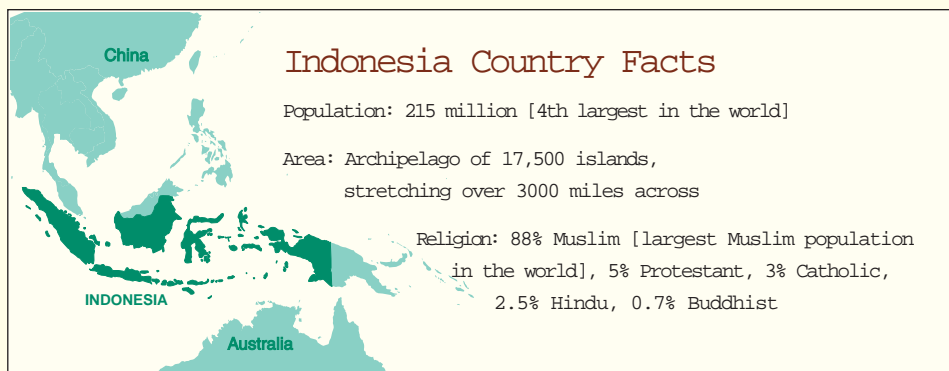
families, 12 are Protestant and 17 are Muslim. Two of the group's three officers are Christian. They use the Cornerstones Model for their planning and management and identified their main values as harmony, responsibility, discipline, honesty and unity. The group often mentions how their most important value is harmony between families of different religious faiths.

In addition to receiving cattle through the Heifer-Yabima-Usaha Mandiri relationship, the group planned and implemented other activities. Realizing that the group members' households had only very simple toilet facilities, the group started a program in which each

month, members contribute \$1 and a name is drawn. One day each month the group helps the winner of the draw install a simple squat toilet and septic tank. About half of the group now has improved sanitation facilities at their homes.

The group is very proud of how they work together. Each year they collect a Social Fund from the community that assists members in time of need. They split any funds left over at the end of the year evenly between the village mosque and church. They also visit each other's homes during major religious celebrations; Idul Fitri for Muslims, and Christmas for Christians. Mr. Safurudin, a Muslim, is a new group member who attended the joint prayer meeting at the start of this year. He said one of the reasons that he was attracted to join the group was because of the religious harmony that he witnessed.

Tom Dierolf is a Heifer International country representative in Indonesia.
E-mail: tom@heiferindonesia.org



A R O U N D

Rent-a-Bee?

If you could rent a hive of bees, would you? If you were a farmer trying to maximize your crop production, perhaps you would.

Offering the lease of their hives is just one innovative way Heifer International farmers in Tennessee are diversifying their incomes. Through the Appalachia Spring Cooperative, many more ideas are a-buzz, including creating value-added products for consumers.

The cooperative works with a commercial kitchen "incubator" that provides all the processing equipment, approved facilities, technical advice and labeling equipment so that producers can take their raw product and add value to it. For example, sweet potatoes become sweet potato butter. Tomatoes become salsa.

Those farmers with beehives can use the kitchen to process honey, or perhaps transform it into honey butter or even flavored honey.



Ten Years Later and Still Passing on the Gift

June 17th through the 21st marked the official 10th anniversary celebration of Heifer's Central and Eastern Europe program. The festivities were held in Poland where the program began in 1992.

Although Heifer delivered livestock to devastated European countries after World War II, only in the last decade has it reinstituted its work there. The need for Heifer's development work peaked when the collapse of Communism brought with it dire economic times. State-owned, collective farms closed down and farmers found themselves struggling to convert to private farms while lacking the equipment, land, capital, animals and expertise for such a venture. Heifer has responded by easing this transition through the gift of livestock, training and a network of support for project participants.

The highlight of the week's celebration was a "Passing on the Gift" ceremony in Poland. A Simmental heifer was passed to the 1000th family in the first project started in Central and Eastern Europe.



Matt Bradley

Hans Hoyer Joins Heifer

Hans J. Hoyer, PhD, of Brussels, who has held leadership positions with Plan International, CARE-USA, and World Learning, Inc., during a 25-year career in international development and relief, has joined Heifer International as Executive Vice President and Chief Operating Officer.

As Heifer's COO, Dr. Hoyer will assist President and CEO Jo Luck in directing Heifer's worldwide staff working in 47 countries around the world.

For the last two years Dr. Hoyer has been in Belgium representing the interests of 600,000 U.S. farmers in facilitating open trade as the American Soybean Association's European regional director. Before that, Dr. Hoyer held positions as executive and South Asia Regional Director for Plan International, director of CARE-USA's Worldwide Program and Analysis Division, and director of the Graduate Program of the School of International Training-

World Learning, Inc., in Brattleboro, Vermont.

He was regional director for parts of Africa and South America for Lutheran World Relief/Church World Service, held positions in Brazil for Catholic Relief Services, and was an analyst for the Inter-

American Foundation. He served in the Peace Corps in Chile.

Dr. Hoyer was a fellow of Harvard University's Executive Management Training Program. He also was a Massachusetts Institute of Technology (MIT) and Harvard University visiting scholar at the Center for International Studies and Lincoln Institute of Land Policy at John F. Kennedy School of Government.

The author of *Open Minds*:



Reflections on Human Development and South-North Issues, published in 1996, Dr. Hoyer was an assistant professor of cultural anthropology and Latin American studies at George Mason University in Fairfax, Virginia. During that time he helped develop outreach programs for Hispanics living in Fairfax County.

He earned a bachelor's degree at the University of Georgia in 1966, a master's degree in anthropology and Latin American studies at the University of Kentucky in 1970, and a doctorate in Latin American studies at American University in Washington, D.C., in 1973.

Dr. Hoyer was born in Germany and immigrated with his family to Georgia as a teenager. He is a U.S. citizen, is married and has four children.

Jo Luck Named to International Board

Heifer International president and CEO Jo Luck has been named as the United States representative on the board of the International Livestock Research Institute in Nairobi, Kenya. The institute is in the forefront of research in what is being called the Livestock Revolution—a companion to the Green Revolution that predicts that the demand for milk and meat in the developing world will double during the next two decades.

The institute is committed to livestock development that is sustainable with a stated mission that is compatible with Heifer's. It says ILRI's goal is: "To help reduce poverty, hunger and environmental degradation through livestock research to enhance productivity and sustainability of agricultural systems in the developing world."

The ILRI seeks to bring modern genetic and ecological sciences to bear on the problems of livestock productivity and environmental sustainability, and it has an emphasis on



indigenous plant and livestock biodiversity in Africa and Asia. Its scientists predict that in the near future they will be able to perfect a cheap, practical vaccine for East Coast fever, a deadly, tick-borne parasite that is a danger to the herds of small farmers in eastern and southern Africa.

Jo Luck said most of the members of the board are scientists with PhD degrees, and that her role would be to help raise the organization's profile and to share some of her energy and enthusiasm for hunger and poverty alleviation.

"This is an important connection for Heifer International and one that we hope will result in benefits to both organizations," said Jo Luck after returning from Nairobi for her first board meeting.



Garden of Angels

*photography and story by
Jenna Mulhall-Brereton*

Janice's pastor asked her to speak about the blessings in her life, and blocked out 45 minutes for her. "Forty-five minutes!" she exclaimed. "How could I possibly tell all the gifts I've been given in only 45 minutes? I won't even touch the surface, I've been given so much."

She says this despite the fact that she was once hungry, and knew the even greater anguish of not having enough to feed her children. Then, she turned to farmers in her community of Delta, Pennsylvania, for lessons in growing eggplant, tomatoes and beans, with which she was able to prepare meals for her once-



malnourished family. Now, almost two decades later, in the "Garden of Angels" Community Garden in York, Pennsylvania, Janice is passing on that gift.

Janice and gardening partner Tammy Chesek help neighborhood children tend plots where they grow produce for their own families. The garden has

been their answer to many needs that they saw in their community.

First and foremost, they saw hunger. "Many of our neighbors," observes Janice, "don't know how they will get food from one week to the next."

Second, Janice and Tammy saw a neighborhood where adolescent children were all too often lured by gangs, and where, at times, younger brothers and sisters were sent out to play in the morning and not

allowed home until their parents had returned from work.

And lastly, the two women, looking down from the steep hill upon which homes were perched, saw a community divided by racial tension.

The Garden of Angels, which Tammy and Janice established in 1999 with the help of York's Grace Lutheran Church, was intended to address the community's needs on many levels. Not only has it provided a reliable source of food for the neighborhood's families, but it has also provided a safe place for children to be involved in fun, worthwhile activities, and to feel a sense of belonging. Children from the ages of four to 11, from different backgrounds and different experiences, come together three times a week to work in their garden. One glance at the children digging and weeding this particular Sunday makes it clear that there is at least one place where no one is thinking about race.

Once Tammy and Janice had found the lot for their garden, the community pitched in to help. The fence and edging for many of the beds were made from oak palettes donated by the plumbing supply company across the street. Seeds were provided by Penn State Technical Assistance and Grace Lutheran contributed supplies. Countless others offered their time, their tools and use of their trucks to haul materials to the garden site. Now the garden has two lots and 30 raised beds edged with wooden palettes, decorated with trellises and one crowned with an old headboard. Other beds are contained in blue plastic pools, and these are coveted by the youngest gardeners, many of whom, it would appear, are partial to marigolds.

Janice and Tammy were determined that their garden should remain completely organic, an option they found more economically viable than chemical fertilizing—and more healthy. In the spring of 2000 they submitted a grant proposal to Heifer





recently taken to selling the castings at church bazaars. Ten percent of the earnings go back into the "business" and is used to purchase supplies. The children divide the rest, and are "paid" every few weeks. "In a way," observes Michelle, 10-year-old gardener, "it's about teaching kids how to run a business."

In fact, the Garden of Angels is about many things. For Janice, it's about finding a way to pass on the

And sometimes parents share in that vision. One six-year-old gardener welcomed her father back from prison last year with a bouquet of flowers she had grown herself. Within a few weeks, the father had called Janice, asking for seedlings and a little guidance. The neighborhood children showed up in droves to help plant the flowers Janice provided. "A few days later," laughs Janice, "he called to see if I had any more. What a wonderful opportunity for that little girl, to make a garden with her father. She won't soon forget that." She pauses for a moment, taking in the shovels glinting in the sunlight, the green weeds sailing through the air, and over it all the laughter of the children. "And neither will he," she adds, "and neither will he."

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Jenna Mulhall-Brereton is a freelance writer living in Philadelphia, Pennsylvania.

What kid doesn't like playing with worms? These kids also know that worms play a powerful role in breaking down waste and turning it into a rich, composted and all-natural fertilizer.

International and shortly thereafter they were in the vermicomposting business. Vermicomposting is a process that uses worms to break down natural food and garden waste into a rich, organic fertilizer.

Janice and Tammy were introduced to vermicomposting by John Greenston of Just Community Food Systems of Southern and Central Pennsylvania, who had seen the project in action at another Heifer sponsored site, God's Gang in Chicago. The gardening partners were committed to organic gardening," says Tammy, "but we can't have animals around here," indicating with a glance the paved streets and tightly packed houses of downtown York.

The worms which the gardeners acquired with Heifer's help live in their own insulated and solar-powered "worm house." Although they fill only 10 or 11 plastic tubs, the worms provide more than enough nutrient-rich fertilizer for the gardeners. Tammy and Janice have

knowledge, patience and kindness that farmers in the Delta shared with her so many years ago. She is certain that her involvement is making a difference. "Many of these families have been on welfare for generations," she points out. "This garden is giving the kids a vision that they can control, so they don't have to stay in the same cycle."



It takes some muscle to build a garden, but the hard work pays off when the plants start to produce and the workers can show off their successes.

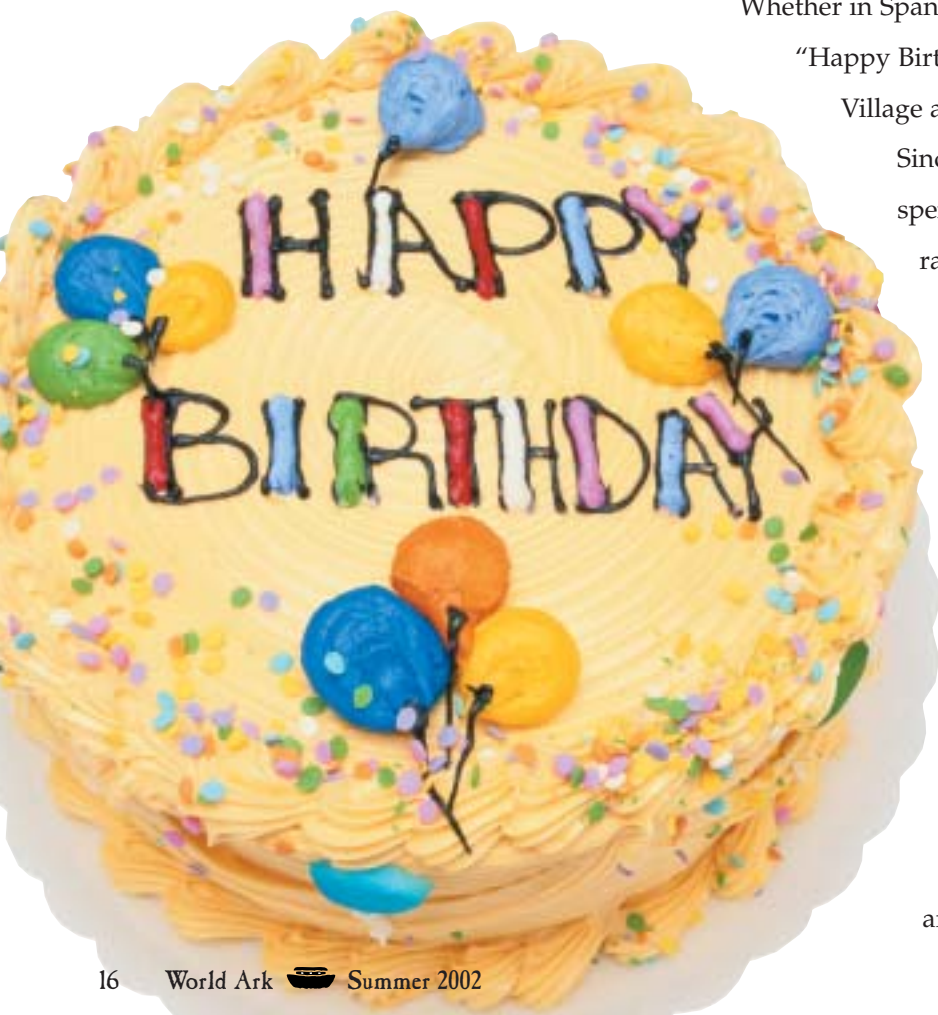


Feliz Cumpleanos! Hongera! Suk San Wan Keut!

Whether in Spanish, Swahili or Thai, it all means the same thing—
“Happy Birthday!” from around the world to the Global
Village at Heifer Ranch in Arkansas.

Since 1992, the Global Village has invited visitors to
spend the night in Third World accommodations
ranging from a Guatemalan farmhouse to an
African mud hut. During the overnight,
participants are challenged to reflect on their
lives and choices, and confronted with the
struggles of life where food, water and
shelter are never taken for granted.

The 10th year celebration will be Saturday,
October 12th, and include a day of activities,
including storytelling, buffalo rides, cheese-
and brick-making demonstrations and a
community breakfast. The proceeds will go
toward a second global village, allowing more
people to get a first-hand experience of life
around the world.





World Food Day

It's time to start planning your activities for World Food Day which is October 16. The purpose of this day is to increase awareness, understanding and informed year-round action to alleviate hunger.

You may choose to: spark media attention, create partnerships with schools, shed light on local hunger issues or campaign for policy reforms. Create a special event that engages the community or arrange a speaker's bureau that can be on call to educate civic groups about hunger. Make a list of the top ten ways to act out against hunger—and then start at the top.

Find innovative ways to raise money to support hunger alleviation.

Educational materials focusing on the theme "Feeding Minds, Fighting Hunger" are also available for school children of all ages. Teachers can use them to help young people discuss and understand world hunger, and to motivate them to take action. Materials are available on the web at www.feedingminds.org and are available in several languages.

For more information on World Food Day, go to the website www.worldfooddayusa.org or call (202) 653-2404.

PLEASE, Don't Feed the Students

Students at Sierra Vista High School in Baldwin Park, California raised a \$5,000 Gift Ark to help families in need become self-reliant for food and income by staging a school-wide fast.

Nearly 200 of the students willingly gave up their favorite fast food, junk food and (for those who eat it) even health food for a 24-hour fundraising fast. The students obtained sponsors for their fasting efforts which culminated in a "break-the-fast" celebration of soup and bread. Students also created ceramic soup bowls to sell and t-shirts to wear advising "Do Not Feed."

According to the participating students, the internal reward of helping others was far greater than any hunger pang. When asked how it felt to give up food so that others will not go hungry in the future, one student responded, "My stomach felt empty, but my heart felt full. It makes me want to do more for my community, and the world." Another echoed by adding, "It was hard sometimes to see a friend eating a 'cheeseburger special,' but I did something so little—I didn't eat for 24 hours—and yet I know I'll never forget that by doing so, I helped out a family."

Going Global in Michigan

Heifer and the Howell Conference and Nature Center, a 270-acre park operated by the Presbytery of Detroit, are partnering in a new Global Village.



The nature center will conduct experiential learning in realistic subsistence housing from around the world.

The Howell Center will offer groups hands-on daylong or overnight programs designed to educate children and adults about global issues.

Through education that emphasizes experience, participants will gain a greater awareness of world hunger, poverty and population issues.



photographs by Ken Herren

The Global Village dwellings represent Appalachia, Nepal, a refugee camp and urban slums such as are found in many places around the world. The center also offers high-ropes and low-ropes challenge courses among its more than 75 environmental education programs.

The Center serves the Midwest's need for Christian summer camps, conferences, environmental education, high adventure and wildlife rehabilitation. It serves 25,000 visitors a year, including more than 300 groups.





BEEES AT WORK

For Honduran farmers, beekeeping is a honey of a deal.

photography and story by Ray White

Halfway between San Pedro and Tegucigalpa, the capital city of Honduras, there is a little town called Siguatepeque, and if you were to drive or take a bus from one city to the other it's likely you'd stop there for the restaurants or the squeaky-clean public *banos*.

Siguatepeque (sig-uh-tuh-PEH-kee) also happens to be the regional headquarters of COAPIHL, or the *Cooperativa Apicola Ponera de Honduras Limitada*, a big name for a small cooperative of 50 beekeepers that is a new partner with Heifer International in helping the area's small farmers develop beehives and plant flowering trees.

Heifer promotes beekeeping because bees are useful in many ways. They increase pollination, which boosts crop production. They produce family income through the sale of honey, pollen and beeswax. And adding beekeeping to a small farm helps diversify operations, so the farmers have something to fall back on if the market for one of their crops goes flat, as happened when the price of coffee, a principal crop here, fell to

30-year lows last year due to a glut on the market.

James C. Hoey, Heifer International's Latin America and Caribbean director, visited Siguatepeque to look at the bee project as part of a weeklong Honduran tour with Tim Wheeler, Heifer's country director for Honduras.

The co-op manager, Allan Velasquez, greeted Hoey with a big smile, which changed to a

concerned frown as he looked around. "The bees are a little aggressive right now," he explained, inviting the visitors into a small office just inside the main gate to the compound.

Velasquez described for Hoey COAPIHL's 22-year history and the crises it has weathered starting in 1985 when Africanized "killer" bees that had been accidentally introduced to Brazil in 1956 made their way into

Central America. People and livestock unintentionally disturbing their hives have been stung to death, and publicity about their spread caused panic among beekeepers.

"It wasn't until 1988 or '89 that the co-op started to recover from the flight of beekeepers

Beekeeping co-op director Allan Velasquez and Heifer Latin America/Caribbean director James C. Hoey pose in front of the co-op's colorful logo in Siguatepeque, Honduras. The co-op and Heifer are working to help small farmers use bees to boost their income and their agricultural production.





abandoning their hives," Velasquez says.

The experience persuaded COAPIHL, which had relied mainly on selling beekeeping equipment, that it, too, needed to diversify. So in 1997 COAPIHL began bottling honey for sale with its own label, and today it sells 250 barrels of honey a year packaged in 16- and 24-ounce bottles, as well as in small plastic bottles shaped like bears. It also sells bee pollen. Today 65 percent of the co-op's income comes from the sale of bottled honey.

That made them a good partner for Heifer, because impoverished farmers receiving beehives would immediately have a value-added market for their wares by selling honey to the co-op, which has its own established brand.

Bee pollen is sold in bottles of pellets or gel capsules. "Why would anyone buy bee pollen?" a visitor

asked. "*Afrodisiaco*," Velasquez said. Hoey said bee pollen has long been used as a folk remedy—and as "natural Viagra." Some people also believe it enhances memory as well as being a palliative for arthritis and nausea, says Velasquez.

The cooperative has developed ways of working safely with Africanized bees, Velasquez said, "but now we have other problems." Hurricane Mitch, which dumped four feet of rain on much of Honduras during four devastating days in 1998, altered the flowering cycle in Honduras, forcing beekeepers to change their practices, he said. Beekeeping suffered heavy losses during Mitch, and Honduras in recent years has had to import honey. But things are gradually getting better, Velasquez said.

Two other groups are working with COAPIHL and Heifer to provide hives to poor farmers: the Honduran coffee cooperative AHPROCAFE, which supports small coffee producers with training and technical support, and the *Organismo Cristiano de Desarrollo Integral* (Christian Organization for Integrated Development) or OCDIH, a Honduran charitable group.

The co-op has placed 130 hives with members of OCDIH and 116 with members of AHPROCAFE. The day after Heifer visited COAPIHL it delivered 70 hives to Heifer partners, with another 50 going out the following day.

"Each new hive has the nucleus of bees inside. Each is made up of two boxes stacked one on top of the other with 5,000 to 30,000 bees as starters," Velasquez said. "We recommend at least 10 hives per family to get up to a level that is financially profitable." A single hive can produce about 20 liters of honey every eight to 10 days during a season that lasts two or three months a year. With 10 hives a farmer can expect to collect more than 50 gallons of honey.

Production improves if the bees have the right kind of nectar available to them, so every producer receives 50 tree seedlings suitable for honey production. In addition to providing nectar for honey, the trees help combat the crisis of deforestation taking place in Central America. Plus, coffee grown under shade is environmentally preferable to fields of coffee bushes.

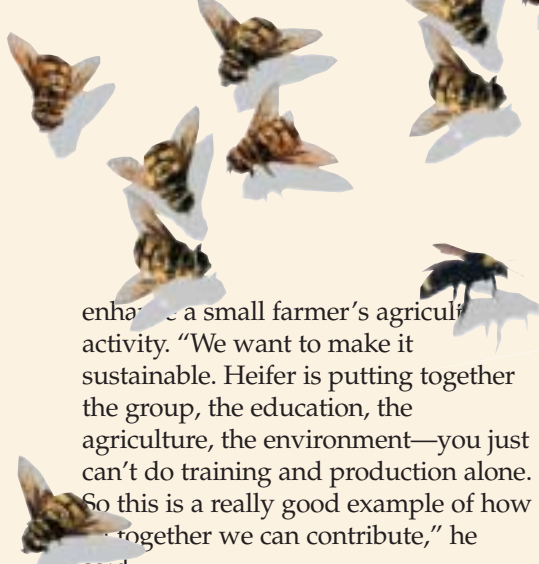
Hoey said Heifer likes using bees because in addition to adding income and improving the environment, bees



A press turns out sheets of beeswax with honeycomb pattern that will go into frames in the beehives. Bees then can make honey instead of building the base for the comb.


Farmer Rigoberto Lopez says the bees have given him "some interesting times." He once was nearly stung to death by his Africanized bees.





enhance a small farmer's agricultural activity. "We want to make it sustainable. Heifer is putting together the group, the education, the agriculture, the environment—you just can't do training and production alone. So this is a really good example of how together we can contribute," he said.

"The key is longevity. I heard this the other day and it really stuck," Hoey concluded. "Knowledge is power, but success comes through organization."



The bees had calmed down so the group left the office for a tour of the co-op. Velasquez showed his visitors a simple wire mesh trap for collecting pollen, beekeeping protective gear the co-op sells to its members, a

"spinner" tub with a centrifugal device inside to extract honey quickly from frames removed from the hives, and a vat where the honey is heated to retard crystallization before hand bottling.


He also demonstrated a hand-cranked machine that turns slabs of beeswax into artificial honeycomb. The manufactured combs are placed in frames inside the hives so the bees can spend most of their time making honey.

Then the visitors were fitted for beekeeping helmets and gloves to prepare for a visit to the hives that were being readied for distribution by the co-op. In a back area of the co-op Velasquez opened the lids of a couple of the hives and removed their frames to check for the presence of a queen and the level of activity in the hives.

After that Velasquez, Hoey and several co-op workers piled into two pickups for a trip down a dusty road to the home of Rigoberto Lopez, 50, a farmer who had received 10 beehives from Heifer and would soon plant 50 guama tree seedlings." he said, "the bees get a lot of nectar for honey and plus it provides shade for the coffee."

Once again the group suited up for a short hike into the bushes to look at Lopez' beehives nestled in a grove of shade-grown coffee. After a dose of smoke from the humidor to calm the bees, Lopez pried open the top of the first hive and reached in with his bare hands to withdraw a frame looking for the queen. Lopez just shrugs when asked why he doesn't wear gloves.

He said that after Hurricane Mitch



a third of his bees disappeared. "The rain kept them inside for four days and when they emerged they just went spfft!" he said, waving his hand into the distance.

Lopez said he once accidentally knocked over a stack of three hives of Africanized bees when he was outside without his beekeeping gear. He realized that he might lose the bees unless he could set the hives upright, so he replaced them while being attacked, then fled into his house. He was stung too many times to count. The pain was intense. He became very sick. If it hadn't happened late in the day when the bees were sluggish he might have been killed, he said.

"I've had some interesting times with the bees," he said.

But the bees have been profitable at a time when coffee prices are off. Lopez said he would like to build up to tending 80 hives in the next two years.

To complete Heifer's Cornerstone requirement to "Pass on the Gift," the farmers will repay the cost of the hives in honey, pollen or cash. "Everyone is in agreement," says Velasquez. "They all read their contracts, agreed to the plan and signed. It's like a loan but without charging any interest," which is an important consideration in a culture where banks typically charge more than 30 percent interest on short-term loans.

Velasquez said he is grateful that he can work with Heifer. "We think Heifer is an institution that's really helping people. You're not choking the farmer with interest, what you do is really feasible, and you're giving help to people who really need it." 🐝

Velasquez at the door to his office at COAPHIL, which weathered some lean years after Africanized bees moved into Central America. "You're giving help to people who really need it," he says of Heifer's work in Latin America.

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Ray White is Heifer International's director of communications.

CERES CENTER, CALIFORNIA 2002

September 8 Ice Cream Social

Family fun day! Learn more about Heifer—see a video, take a tour and eat ice cream.

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.

September 22-27 Cottage Industry Elderhostel

Learn crafts and appropriate technology from around the world.

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 and

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 exclusively

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

**September 8-13, 15-20
Homeschool Service Learning Camp**
A residential camp for homeschooled youth, ages 12 -17

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 amidst 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 fieldtrip
for your group.

False Economy

Our accounting is off if we fail to include environmental costs

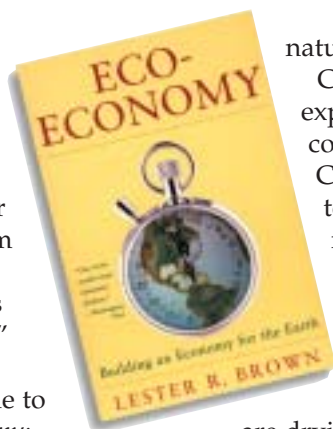
book review
by Christian De Vries

What should we do to protect our planet for future generations? Lester Brown, an ecologist whom the Washington Post has called "one of the world's most influential thinkers," describes many of the different avenues available to us in his book, *Eco-Economy: Building an Economy for the Earth* (2001, Earth Policy Institute, Washington, DC). First we need to change the way we think about the economy to include the full cost of environmental degradation.

Think for a minute about the price of gasoline, something that concerns most of us. What does it really cost? Money goes to pay for exploration, for drilling and pumping the oil, and for refining the oil and delivering it to the pump. This plus profit is the basis for the dollar figure that you pay for gas.

Did you remember to include the cost of health care for respiratory illnesses caused by air pollution? What about the added wear-and-tear on your home due to severe weather caused by global warming? Or the loss of animals that die and the wilderness that disappears so that we can have gasoline?

Our economy is not telling us the truth, says Brown. And we wind up effectively subsidizing the oil companies when we fail to count all the costs. Ecologists understand that the Earth has limits unrecognized by economists. Brown sees an economy that is "fast depleting the earth's



natural capital."

Can we continue to expand landfills because it costs less than recycling?

Can we keep pouring toxic chemicals into our rivers and lakes? What is our planet really worth to us?

All over the world, ice is melting, sea levels are rising, rivers are drying up and water tables are falling. And that's just the water. Hundreds of plant and animal species are endangered. Every year millions of people die from malnutrition and related causes. Our forests, our atmosphere, our seas—it's all adding up. And the longer we fail to address the situation, the more it will cost to rectify.

"There is no middle path," says Brown. "Do we join together to build an economy that is sustainable? Or do we stay with our environmentally unsustainable economy until it declines?" The choice "will affect life on earth for all generations to come," he says.

So what does Brown suggest?

One key is controlling population growth. We must also limit the number of fish caught and trees cut, so that fisheries and forests can be recharged. Consumers must support these changes by purchasing products from companies that are managing their resources properly.

Governments must stop subsidizing harmful practices and adjust the economy to reflect the true cost of such destructive practices. This, Brown says, can be achieved by lowering taxes on

personal income or wages and raising taxes on things that are unsustainable for the environment.

Looking for Balance

As the Earth's population grows, so does the need for food. How do we balance our desire for animal protein with our need for grain? Brown suggests three solutions:

1. Improving the conversion of grain into animal protein; shifting from a diet focused on beef and pork to poultry and farm-raised fish, which are more efficient than cattle and swine at converting grain; and relying on ruminants to convert roughage into either meat or milk. India used water buffalo and cattle to expand milk production from 20 million tons in 1961 to 79 million tons in 2000, surpassing the United States to become the world's number one milk producer in 1997. "Remarkably, it did so almost entirely by using farm byproducts and crop residues, avoiding the diversion of grain from human consumption to cattle," said Brown.

2. Wind turbines are another possible piece of the puzzle. He argues that there is enough usable wind power between North Dakota, Kansas and Texas to supply our national electrical consumption. Other energy solutions may include, hydrogen fuel cells, more bicycle use and solar collector panels.

3. Waste management is another area in need of change. Brown believes that we need to eliminate the very idea of waste. Companies should stop producing and consumers should stop buying products that can't be recycled.

Eco-Economy: Building an Economy for the Earth is an important book for anyone seeking to understand how economic forces affect the environment. ✍

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Christian De Vries is an Americorps volunteer working with the Global Village and gardening programs at Heifer Ranch in Perryville, Arkansas.

Travel with a Purpose

Full

China

September 1-18

Leader: Pat Stanley
pat.stanley@heifer.org
(877) 663-1681

Full

Romania

September 7-18

Leader: Kris Booden
msboo@meganet.net
(413) 245-9088

Guatemala/El Salvador

November 15-30

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

Thailand/Cambodia

VIVA (Volunteers in International
Veterinary Assistance) Tour

January 3-18

Leader: Dr. Roger Ellis
rellis6@adelphia.net
(518) 642-9490

Ghana

African Heritage Tour

February 12-26

Leader: Dr. Barry Colley
kelley.rollon@heifer.org
(501) 907-4925

China

Summer 2003

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

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 locals 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 and 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.

OTHER TRIPS PLANNED FOR 2003:

Peru/Bolivia

India

Ukraine

Uganda/Rwanda

Ecuador

Viet Nam/Cambodia

Poland

Cameroon

South Africa

Kenya/Tanzania



As it becomes available more information on trips will be posted on our website. Basic information gives you a 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.

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Videos



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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

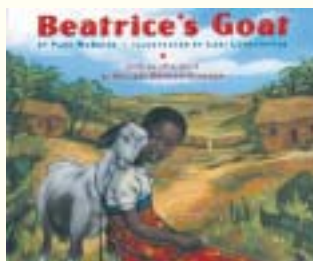
"Get Connected" Video: Youth experience a ►
night in Heifer Ranch's Global Village **"A Day in the
Life" Curriculum:** A visit with youth in Thailand,
Uganda, Brazil and Bosnia

Video: #NV0170-\$10 each
Curriculum: #NB0170-\$10 each
Set: #NVX170-\$15

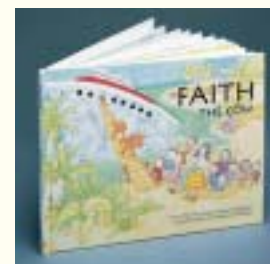


◀ **The Gift:**
**A World Solution
to Hunger and Poverty,**
by Matt & Susan
Bradley
144-page coffee table book
of photographs and stories
of Heifer International's
families on five continents

#NB0714 Hardback, \$40; #NB0715 Paperback, \$23



◀ **Beatrice's Goat**
by Page McBrier
Illustrated by Lori
Lohstoeter
(Simon and Schuster,
2000)
#NB0700 Hardback
\$16 each



Faith the Cow ▲
by Susan
Bame Hoover
Illustrated book tells
children about
Heifer's first cow
#NB0705
Hardback, \$15



◀ **Heifer Mug**
Mug with Heifer
International
logo
#NM0411
\$8 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)
Art from the book
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!



A woman with dark, curly hair is smiling and posing with her hands on her hips. She is wearing a white t-shirt that features a large, colorful graphic of a ship sailing on a globe. The globe is primarily blue with green landmasses, and the ship is red and white. The background of the graphic is a vibrant orange and red. She is also wearing dark blue jeans with a black belt.

Child — #NS4500-S; Sizes: S-L; \$15 each



NS4300, \$20 each



NS4000-\$10 each

Signature

[illegible]

Total _____

Mail to: Heifer International

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Heifer International Foundation Awards First Dan West Fellow



Heifer International Foundation is proud to announce the first recipient of the organization's Dan West Fellow award. William "Bill" Appelgate of Story, Iowa, was honored at a ceremony hosted by Ursula Bartel held January 8, 2002, in LaVerne, California. The award honors those who have demonstrated outstanding leadership in humanitarian efforts to alleviate the world of hunger and poverty. Each year, the Foundation's Trustees Emeriti will choose one outstanding leader to be recognized as a Dan West Fellow. In that person's honor, \$1,000 will be added to the Dan West Education Endowment, which is used to educate the public about the root causes of hunger and poverty.

Bill and his wife Dorothy Appelgate became involved with Heifer International in 1970. Bill's first trip overseas with Heifer was in 1974 to Peru to deliver cattle to Indian tribal villages in the Amazon River banks. In 1976, Bill was appointed to be Heifer International state director for Iowa for the United Methodist Church, where financial support saw an exponential increase in the four years he served. He also served as chairperson for the United Methodist Church Foundation in its formative years.

In 1983, Bill was asked to move to Arkansas to be the project manager for the Heifer Ranch that was to be built. Bill and Dorothy moved in 1984 and stayed for two and a half years. He organized the work that was done primarily by volunteers. Then they moved to Rutland, Massachusetts, where they spent another two and a half years at the Heifer regional office and farm. During that time Bill was the



Heifer Foundation President Janet Ginn presents first Dan West Fellow award to Bill Appelgate.

director of development and chair of the program "Your Neighbor Needs You" and helped to raise a million dollars for the program.

In 1986 the President's Commission on Volunteerism picked Heifer International as the International Winner of the year. Bill was asked to represent all the Heifer volunteers in the world and to accompany Lucille West (founder Dan West's widow) to a White House luncheon with President Reagan to receive a medallion for that honor. In the fall of 1986 Bill and Dorothy were part of a Peace and Hunger trip to Honduras and Guatemala where Heifer had worked for more than 20 years.

In 1994, on the occasion of the golden anniversary of Heifer International, they represented both

the Foundation and Heifer International's board on a trip to Thailand and China. They spent 10 days in the hills and villages of Thailand celebrating Heifer's 20-year presence, and then traveled to China for two weeks in honor of Heifer's 10-year presence in the country.

Bill and Dorothy continue their tireless work in support of Heifer International. They feel their lives have been richly blessed by their love for each other and for others in need. They live their lives with a belief that to learn to live in happiness begins with learning to serve.

Heifer Foundation is honored to know and work with Bill Appelgate. We congratulate him on becoming the first Dan West Fellow.

Too Good To Be True?

"Put not your trust in money; put your money in trust." Benjamin Franklin had the right idea—at least for many people. And some of those people are friends of Heifer International Foundation. They have created charitable trusts that would make Ben Franklin proud.

To understand how one of these trusts works, take the case of Bill and Barbara Smith. Bill and Barbara are in their early sixties and looking forward to retirement. In reviewing their assets, needs and giving goals, they considered what to do with a piece of appreciated real estate.

Twenty years ago the property cost \$25,000 and today it is worth \$250,000. If they sold it, they could reinvest the proceeds in something that could produce retirement income. One problem: capital gains tax. The moment they sold the property, Uncle Sam would be there with his outstretched hand, demanding tax on the gain. The Smiths would not have as much as they thought to reinvest for income.

They considered selling the property and giving a portion of the proceeds to Heifer. The resulting charitable income tax deduction could then be used to help offset the capital gains tax. One problem: they needed more income than the remaining funds could generate.

Enter the charitable remainder unitrust. The Smiths established a charitable remainder unitrust with Heifer International Foundation and placed the entire property in the trust (stock can also be used). Since the trust qualifies as a charitable trust, it sold the property without incurring any capital gains tax. The full amount of the proceeds (less closing costs) was then invested in a balanced portfolio of stocks and bonds—the right mix to provide a six percent annual payout to the Smiths plus enough added appreciation to keep the trust growing.

Each year, in January, the trust is revalued and six percent of the new value is sent to Bill and Barbara in quarterly payments. This will continue all the way through their retirement years. And at the end of the trust, whatever remains will come to Heifer International Foundation. Such a remainder gift will likely be far more than the original \$250,000.

Just look at a few of the benefits:

- Lifetime income
- Immediate charitable income tax deduction
- Bypass of capital gains tax
- Complete estate tax deduction
- A major deferred gift to Heifer International Foundation

It's almost too good to be true!

Do you want to learn more about charitable remainder trusts? Contact Heifer International Foundation at (888) 422-1161; or e-mail us at: foundation@heifer.org.

Visit us on-line at www.heiferfoundation.org

(Please complete and return this reply form.)

Dear Friends at Heifer International Foundation:

- ☐ Please send me information about charitable trusts.
- ☐ Please contact me about a personal visit or other assistance.
- ☐ I have already provided for Heifer in my will.
- ☐ Please send me information about the \$100 Million Club.

Name: _____

Address: _____

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Mail this form to:

Heifer International Foundation
P. O. Box 727
Little Rock, Arkansas 72203

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by Eileen Dolbeare

In Search of the Mystery Cow

As a kid, I was on a quest to find the mystery cow. For nearly ten years, my parents enthralled my three siblings and me with tales of a legendary cow that lived elusively in the rolling hills of New Jersey.

We were given few details, but knew that a handful of local farmers and lucky passersby had spied a perfect cow in fields and barns that would disappear as quickly as it was sighted.

The anticipation of getting a glimpse made us crazed. "How will we know what it looks like?" we asked excitedly.

"You'll just know," insisted my mother.

"What can we do to see it?" we inquired.

"Not a thing. Those who have seen it say it happened when they least expected it," my father answered evasively.

At a moment's notice, usually on early Sunday afternoons, my father would announce, "Let's go for a drive. You never know, we may just find that mystery cow."

We'd drop everything and race to the station wagon to cruise the country hills, scanning pastures for a cow that my mother promised would simply "catch our eye."

The remarkable silence of these road trips was broken only by an occasional, "That's it! That's it!" The four kids would scramble to one side of the car as one of us pointed triumphantly at a particularly plump or uniquely spotted cow.

But none of the wide-eyed Jerseys or hearty Holsteins ever seemed to be the right one.

The day that promised the greatest hope was the 4-H Dairy Day. There would be a prize-winning assembly of cows and all the chocolate milk you could drink. We were certain that if a mystery cow were to magically appear anywhere, it would make most sense to do it here.

The prospect of finding the cow was almost

unbearable. My brother coped by drinking superhero quantities of chocolate milk. My sister decided that her odds of spotting the cow would be greater if she squinted for the entire day. And my youngest sister pointed continuously to more than 200 cows and horses, asking each time, "Is that it?"

As the oldest I spent the day quietly, setting a dutiful example of patience. In between ice cream cones, milking lessons and the inaugural crowning of the "Dairy Princess," every one of us wondered, "If only ..."

I was sitting on a bale of hay when my youngest sister asked my mother, "Will I ever see it?"


My mom smiled and said simply, "You'll see it when you're ready."

That answer seemed to appease, and we spent the rest of the day content with the idea that we would see the mystery cow when it was just right for each one of us.

We left the fair without our long-awaited sighting, but we didn't give up hope. We kept our eyes peeled all the way home.

It was the power of my mother's words that stayed with me more than anything else that day. I remember staring out the car window scanning the usual fields with a great sense of calm. There was no disappointment, only excitement for what could be.

I realized that by being open, I was able to delight in the wonder of mystery, and that by being ready, I could see the impossible become possible.

This lesson is something I take with me always – particularly when I'm driving down a country road peaking around a corner just in case I get a glimpse... and especially when I'm on my way to work at a place called Heifer. 

.....
Eileen Dolbeare is on the Internet Marketing team at Heifer. Today, she and her son, Aidan, are hot on the trail of the mystery cow.



Twenty years ago, teenage boys in the U.S. drank twice as much milk as soda; today those numbers have reversed.

- In 1978, a typical teenage boy in the United States drank about seven ounces of soda every day. In 1999 he drank nearly three times that amount, deriving 9 percent of his daily caloric input from soft drinks.
- During the same period, soda consumption by teenage girls doubled, to an average of 12 ounces a day.

Spiraling costs have led thousands of school districts to adopt corporate-sponsored textbooks. A Consumers Union study in 1998 found that 80 percent of those books provided incomplete or slanted information that favored the sponsor's products or views.

- Procter & Gamble's "Decision Earth" program taught that clear-cut logging was good for the environment.
- Teaching aids developed by the Exxon Education Foundation said that using fossil fuels created few environmental problems and alternative sources of energy were too expensive.
- A study guide sponsored by the American Coal Foundation dismissed fears of the greenhouse effect, claiming that the earth would be helped rather than harmed by increased carbon dioxide.



helped rather than harmed by increased carbon dioxide.

— from Fast Food Nation by Eric Schlosser

Build a Brighter Future for Cambodia

Looking back and remembering the good old days is something we all love to do. But for many families in Cambodia, looking back is often very difficult and painful. Cambodia's history is defined by decades of war, genocide and struggle.

You can see it in the faces of the people who lost their families and loved ones. And the land bears witness in the thousands of acres of farmland now unusable because of landmines.

But now there's a chance to bring a spirit of hope and possibility to Cambodia, and you can help.

By supporting Heifer's work with women and families, you can give

them a chance to become self-reliant by helping them produce food and income through the placement of heifers and chickens.

In five Cambodian provinces, 240 women and families will each receive a heifer, chickens and valuable training in raising livestock and growing food in a sustainable way.

To learn more about Heifer's work in Cambodia and to help the women and families, please visit www.heifer.org/cambodia.

Your support will help a family become self-reliant and give them the chance to make a future worth remembering.



Zoey says:

Join us for a meaningful summer break

Scenic countryside, new friends and meaningful service projects make Heifer's Youth Forum 2002 a special way to spend the summer. The program, which runs from July 28-August 2, 2002 at Heifer Ranch in

Perryville, Arkansas, is designed for senior-high youth interested in increasing team-building skills, learning more about hunger and helping develop an international youth movement linked to Heifer's mission. We invite you to spend part of your summer making new friends and having fun!

For registration information, visit our calendar in the Get Involved section at www.heifer.org.

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