

ENDING HUNGER ■ SAVING THE EARTH

WorldArk

Women's Work
CHANGING
THE WORLD



THE CAUCASUS
NEIGHBORS GIVE
GIFT OF PEACE

MARCH/APRIL 2005

INDIGENOUS
LIVESTOCK
HOW HEIFER WORKS

Dear Friends ...

By Jo Luck
President and CEO

**When I look at
our street sign,
I see a joyful
reminder of the
countless people
who give their
hard work and
their resources
to help others.**

The other day I took a drive down to the site of our new International Center, rapidly rising from the industrial brownfield that we have now restored to clean, usable land. From the site, you can see the Arkansas River, the new Clinton Library, an old railroad bridge that crosses the river to North Little Rock, and, farther in the distance, the Little Rock skyline.

The site is still mostly mud and steel beams, of course, not much to look at, but growing by the day. The development I am most proud of, however, is a simple street sign, recently placed by the road that leads to the site: World Avenue.

Heifer International's new address? One World Avenue.

One of the most wonderful parts of being an international organization is that we have a rich and varied identity, a wealth of cultural contributions from all parts of the globe. Every aspect of our daily work reminds us of this. We are always learning—learning about the traditions and cultures of others, building on each other's strengths. It isn't always easy to walk in others' shoes and to help people figure out the best ways to help themselves.

As a woman from Nepal says in this issue's cover story, "Everyone thinks of changing the world, but rarely does anyone think of changing themselves." Sometimes, finding it within ourselves to understand another's point of view is the biggest gift we can give.

Which brings me back to World Avenue. For the last few years, as we have outgrown our original building on Louisiana Street, our global headquarters here in Little Rock has been split among several locations. For years, everyone at headquarters would gather regularly

for a brown-bag lunch, where we would catch up with each other and discuss the week's events. Today, it takes longer to get everyone in the same place—if we can find a room large enough to hold us!

But this feeling of community—local and global—is what we are built on. Our new International Center was designed specifically as a meeting place. It will be an international hub, a place for our many workers from the field to gather, as well as a site that will reunite our local offices.

It will also be a place to learn. We will have festivals and celebrations. We will have symposiums on the issues that are crucial to our work, for leaders from around the world. We will have exhibits that make life in other cultures vivid and real. Even the grounds themselves will be a living exhibit, a wetlands that eventually will recycle all the center's run-off.

If we are truly to end hunger and poverty, if we are to help people lift themselves out of poverty, we must all pull together. We must value each and every contribution to the work of a village, or an office, or a global community.

When I look at our street sign, I see a joyful reminder of these contributions, of the countless people who give their hard work and their resources to help others. And when I turn around, I see a road that leads to the rest of the world.



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WORLD ARK

MARCH/APRIL 2005

“Everyone thinks of changing the world, but rarely does anyone think of changing themselves.” —Durga Parajuli, participant in gender-equity program, Heifer Nepal



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Photo by Darcy Kiefel

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Part of the Cycle

I have been struggling to get a business up and running for several years now. It is on its way, but it continues to be hard. I help women who want to have their own business learn the business skills they need, especially those for whom marketing and sales are especially difficult. Whenever I can, I make a donation to Heifer International.

When your magazine comes, or I get something on e-mail, I remember that there are people all over the world who need help, receive help and help others when they can. You help me be part of that cycle. It helps me a lot to see the smiling faces of people who were in desperate circumstances who are now on their way out of poverty and into financial empowerment. I like knowing I have helped that happen, and your animal recipients inspire me, every day, to keep working on my own business.

Dhyan Atkinson
Boulder, Colo.
E-mail

P.S. I am very happy to report that since I sent you my letter my business has taken a major leap forward. Perseverance helps! I still use pictures



of smiling people from Heifer International to inspire me. In fact, there is one on my bulletin board right now!

Appreciation

I want to let you know how much I have appreciated recent issues of *World Ark*. I think it has become a superb magazine and a substantial help to my anti-hunger activities. While I always enjoy reading about Heifer's projects, I have appreciated the articles that deal with issues as well.

I met last June with my congressman, Rep. Jim Leach, as part of a U.S. Global Leadership Cam-

paign group. Representative Leach gave no flicker of recognition when I mentioned Heifer, so I later delivered to his local office a copy of the July/August *World Ark*, which conveniently highlighted the volunteer work of his constituents John and Louise Brockschink. Representative Leach has been very supportive of increased funding for poor-country debt-relief and HIV/AIDS programs, and I wanted him to see this issue for its focus on AIDS orphans.

Last night I sent a letter to the editor of the *Des Moines Register* using information from the article "We Can End World Hunger"

from the [November/December] issue of *World Ark*. I heard Jeffrey Sachs and Pedro Sanchez speak a year ago at the World Food Prize Symposium. I thought Jeffrey Sachs' speech then (similar to what he said in the *World Ark* article) was the most passionate and well-argued case for hunger relief that I have ever heard.

I look forward to the next issue of *World Ark*.

Ellen Fisher
Cedar Rapids, Iowa
E-mail

I haven't been connected with Heifer very long, but I'm very impressed with what I've seen so far. I love your magazine, *World Ark*. It's so great that you not only do wonderful work around the world but also help educate us on important issues. The issue on family farms was especially good. I always shed a few tears while reading your magazines because I feel I'm part of a wonderful solution.

Cindy Thompson
Salina, Kansas
E-mail

Got Sheep?

Thanks so much for the great article in the last *World Ark* magazine [November/December] called

"A Turning Point."

Mostly I would like to commend Heifer in Poland for taking up the important project animal dairy sheep. Sheep milk has twice as much protein as goat or cow milk. This fact, coupled with the idea of obtaining three marketable products from one low-impact animal, makes dairy sheep fabulous animals for many developing areas.

Sheep dairying is traditional in many parts of Eastern Europe and the Mediterranean, so it is a natural fit for these regions.

I corresponded with Heifer on this idea about eight years ago as our family started introducing dairy sheep to our region in Washington state. And I am so glad to see this project being implemented in Eastern European regions. I was doubly delighted to read an article on it!

Gretchen Wilson
E-mail

Neighborhoodly

Heifer International is one of my favorite charities. Imagine my delight when I read a brochure from the Mississippi Farm Bureau concerning a group of small farmers who benefited from Heifer's gift

of cows in a neighboring county. What a thrill to know Heifer was helping my next-door neighbor!

Patsy Stevens
Macon, Miss.

Find Us Online Too

I have just placed an "order" on your website. I want to commend you on the ease of use of your website. I will return in the future. My 12-year-old son did not have a very long Christmas list this year and didn't know what else to add to it. I handed him your catalog without saying a word. In a little while he brought it back to me and decided to add a share of a water buffalo to his Christmas list. Not know-

ing him, you have no idea what a huge step this is for him! I thought he was lost to the consumerism that engulfs our country.

Thank you for all of your wonderful work you do around the world.

Kathleen Bechstein
Wauseon, Ohio
E-mail

World Ark welcomes comments from readers. *Heifer International reserves the right to edit letters to the editor for clarity, grammatical errors, spelling and space. Please include a telephone number or e-mail address so we can confirm your identity. Our address is in the box at right.*

Q&A

In each issue we pose a question or two related to Heifer's goals of ending hunger and saving the earth.

Do you think that you will ever be personally affected by food shortages?

☐ Yes ☐ No

Send your answers, plus any additional comments you wish to make, to the address in the box at right.



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Heifer International publishes *World Ark* bimonthly for donors and friends. Heifer has helped millions of impoverished families worldwide become more self-reliant through the gift of livestock and training in their care. A nonprofit organization rooted in the Christian tradition, Heifer works for the dignity and well-being of all people.

Heifer is a member of InterAction. Federal employees may designate gifts to the Combined Federal Campaign by writing in #0315. Heifer International is a 501 (c) (3) nonprofit organization and gifts to Heifer are tax deductible and are used as designated until current needs of those projects are met. Further gifts are applied to similar projects so that gifts begin helping people immediately.

Birds of a Feather

North America's birds are facing serious problems, the National Audubon Society says in its first national "The State of the Birds" report. Almost 30 percent of the bird species in North America are in "significant decline," and the society warns that the birds' troubles indicate threats to human health.

The report blames the decline in birds' health and numbers on "loss of native grasslands, overgrazing of grassland and shrubland, development of wetlands, bad forest management, invasive species, pollution, and poor land use decisions." The report examined 654 bird species.

The society reported that the following were declining significantly:

- 70 percent of grassland species.
- 36 percent of shrubland birds.
- 25 percent of forest birds.
- 13 percent of wetland birds.
- 23 percent of bird species in urban areas.

"Like the canary in the coal mine warning the miner of danger ahead, birds are an indicator of environmental and human health," Audubon President John Flicker said in a news release. "Birds signal that we are at risk next." But, Flicker added, "People created these problems and people can solve them if we act now." For more information, go to www.audubon.org/bird/stateofthebirds.



Waste Not

Nearly half of the U.S. harvest goes to waste, according to research by University of Arizona anthropologist Dr. Timothy W. Jones. Jones has spent the last 10 years measuring food loss in a variety of forms: retail stores, warehouses, farms and the dining tables of America.

Jones says that tons of food that could go to the hungry wind up in landfills instead, costing U.S. consumers and corporations billions of dollars every year.

Among his findings:

- An average family of four tosses out \$590 per year in meat, fruits, vegetables and grain products.
- Household food waste nationwide adds up to \$43 billion annually.
- Americans discard about three times as much food today as they did 20 years ago.

**"Come forth into the light of things,
Let Nature be your teacher."**

—William Wordsworth

Please *Don't Eat* the Pumpkins

Been thinking about planting a pumpkin patch? Wondering what to do with all that surplus zucchini every summer? Well, here's good news from a study conducted by the Royal Military College of Canada: The plants may be useful in cleaning up contaminated soil.

A research team led by chemist Ken Reimer found that these plants were good at a process called "phytoremediation."

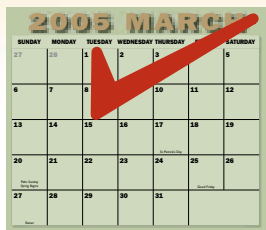
"Our research has shown that members of the Cucurbita pepo species, including pumpkins, are particularly effective in this regard," Reimer said, referring to the plants' ability to absorb DDT. "Phytoremediation offers a green solution to cleaning up contaminated sites." Other research indicated that pumpkins might also be effective in cleaning up PCBs.



By the Numbers

Global defense spending in 2003 came to more than \$956 billion. A 1 percent reduction in annual global military spending could provide primary education for all children around the world.

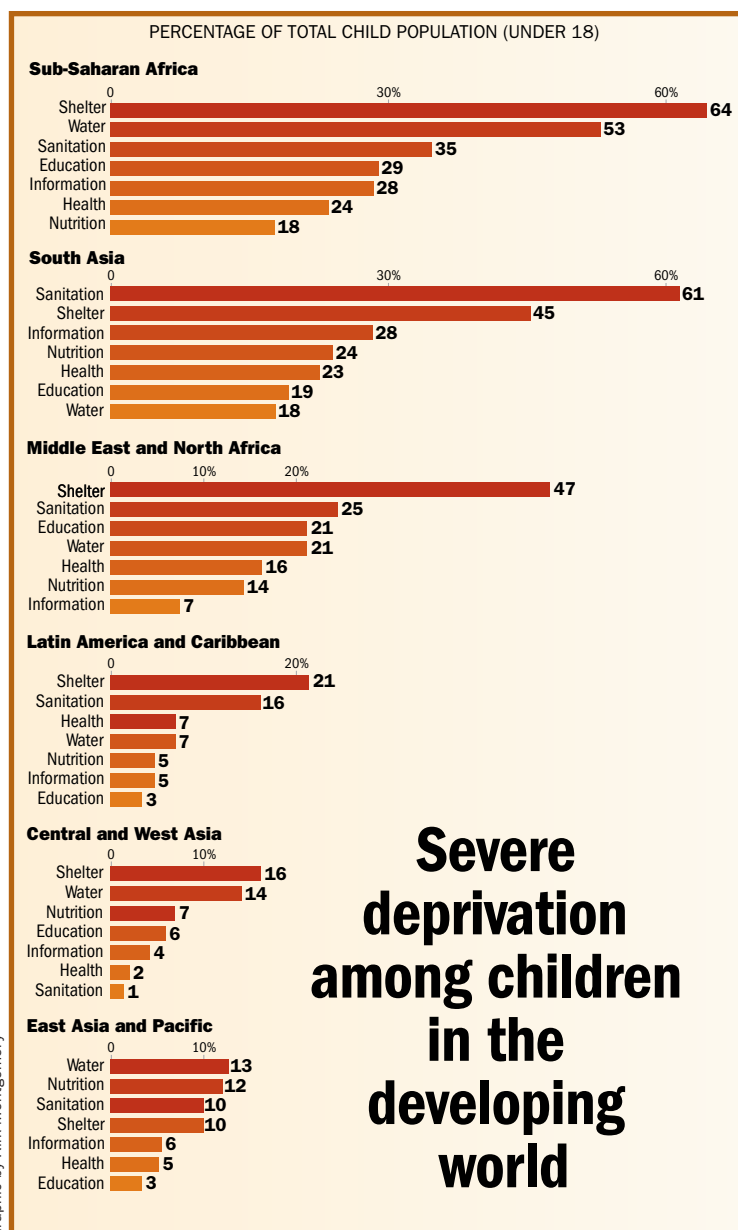
* Source: UNICEF



MARK Your Calendars

March 8 is International Women's Day, a commemoration of women's role in society throughout history. It's also a time to reflect on the continuing struggle, in developed and developing countries alike, to win full participation for women in the political, economic and social spheres. Groups around the world mark the day with calls for equal rights, justice, peace and development.

Children at *Risk*



**Severe
deprivation
among children
in the
developing
world**

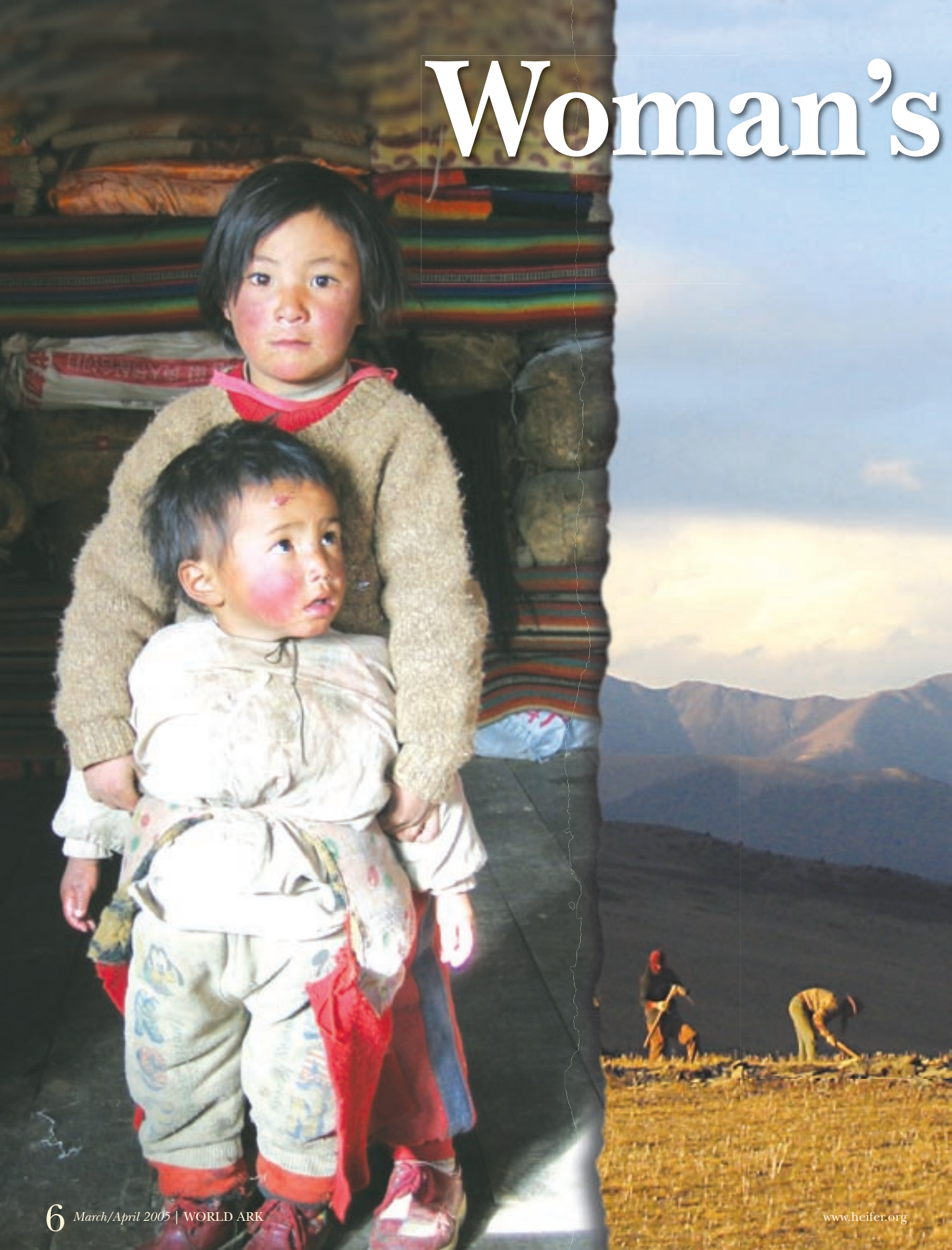
More than half the world's children, or more than 1 billion, suffer extreme deprivation because of war, poverty and HIV/AIDS, the United Nations Children's Fund says in its State of the World's Children 2005 report. The report, "Children Under Threat," says that advances made in the last 15 years in health and education have been offset by HIV/AIDS and war.

Forty-five percent of the 3.6 million people killed in war since 1990 were children, the report says.

Other findings:

- 640 million children do not have adequate shelter.
- 500 million children have no access to sanitation.
- 400 million children do not have access to safe water.
- 300 million children lack access to information (TV, radio or newspapers).
- 270 million children have no access to health care services.
- 140 million children, most of them girls, have never been to school.
- 90 million children are severely food deprived.
- 2 million children, mostly girls, are employed in the sex industry.

Woman's



Work Changing the World

By Lauren Wilcox

Heifer Staff Writer

Photos by Lauren Wilcox
and Darcy Kiefel

Most of the 1.3 billion people living in poverty are female. Women and girls throughout the world have higher rates of illness and less education than men and boys. And though women hold fewer jobs, they are often solely responsible for providing for their families. Yet women have far less representation in government. They are excluded from the ownership of property and the inheritance of wealth, and face far more discrimination in employment and wages.

But these problems are not women's alone. For a society to advance, it must give women a voice; it must educate them and value them. Most importantly, for a society to move forward, men and women must work together.





A woman (above) prepares chicha, a corn-based beverage, outside her home in Tabanco on the road to Chiclayo in Peru.

HELA, China—Tibetan farmer Gedie lives in a village called Hela, in the western part of the Sichuan Province, a two-and-a-half-day drive from the city of Chengdu, Sichuan's capital. The road to the farm is rutted and long; as it approaches the high, rolling plains of the Tibetan Plateau, it crosses snow-covered peaks, winding in and out of icy shadows and the golden early-winter sunlight.

The village of Hela is spread on a hillside like a picnic blanket, a rambling grid of low stone structures. Yaks, the primary source

of income for the villagers, are dark flecks on the fields. Gedie's house, a few miles past the village and just off the road, is a one-room structure with a small fenced yard and a barn, in which he keeps his 33 yaks during the harsh winter months.

All the windows on Gedie's house face south. On an afternoon in late November, light pours into the room. The walls are covered with bright fabric, scraps of cartoons from a newspaper and pictures of a beaming Dalai Lama. Last year Gedie received two yaks, of a hardy breed, from Heifer and has attended several training sessions to improve his herd's health and nutrition. This year, there were 10 calves, and his herd is beginning to thrive. Gedie's oldest child, his 19-year-old daughter, silently tends a steaming pot of yak-butter tea for visitors.

She never went to school, Gedie explains, instead staying home to help her mother raise the family. Gedie's three sons are in school in a neighboring town. His youngest child, a daughter, watches the visitors, the family cat draped over her arm like a stole. She is 6 years old. Next year, Gedie plans to send her to elementary school with his sons, and after that, income permitting, to middle school and high school.

Because daughters will be married into other families, their own families often won't invest in their education, especially in rural and remote areas where jobs are scarce to nonexistent and there is hard work to be done at home. "In China there is a saying," says Mu Ping, program assistant with Heifer's China program and gender equity educator. "A married daughter is like a splash of water—she just goes away."

But in countries around the world, people are realizing that to improve a society's standard of living and economic conditions, everyone must contribute. Even here, in this sunny room that seems perched at the edge of the world, there is a feeling that things are changing.

Women and girls are the majority of the

world's poor—by some estimates 70 percent of the 1.3 billion people living in poverty are female. Infant girls have much higher mortality rates worldwide, and women and girls have higher rates of illness and malnutrition and lower levels of education.

And though women hold fewer jobs, they are “a much over-utilized resource,” as the United Nations puts it, providing food for and caring for their children, their husbands and often their parents, and contributing to the household income. One-fourth of all households worldwide are headed by women, and many others are heavily dependent on female income.

In spite of this, women have far less representation in government and in civil and cultural life. They are often excluded from the ownership of property and the inheritance of land and wealth. They are far more likely to face discrimination in employment opportunities and wages, and as a result woman-headed households are often much poorer than those headed by men.

But these are not problems facing women alone. The issue of women in development is, above all, a development issue. Without giving women a “full and equal share in economic, social, cultural, and political decision making,” as the Platform for Action from the U.N.’s Fourth World Conference on Women says—a nation denies itself the productive participation of at least half its population, and perhaps that of entire generations as well.

Countries that enroll significantly fewer girls in primary or secondary education are often much poorer than countries in which education is more equitable, with GNPs (Gross National Product) as much as 25 percent lower.

And a woman's role in the household, while not remunerated, influences the well-being of the entire family. The World Bank reports that as the education level of women increases, so does their children's enrollment in school, and that women are more

likely than men to use their income to improve the nutrition, health and education of their children.

Partnership Stressed

What is the best way to go about improving the situation of women? The Platform for Action, developed by the United Nations in 1995 at the Fourth World Conference on Women in Beijing, emphasized that for reform to be sustainable, the empowerment and education of women must happen in partnership with men, alongside efforts to overhaul unjust systems.

As a study published by the U.N. on the subject notes, “The answer [is] not greater participation in an unjust and unsustainable development process. Martha Hirpa, Heifer's director of Gender Equity, says, “The issue of gender equity is an issue of relationships.” It is an issue of sharing—of ensuring that responsibility, resources and empowerment are shared equally in politics, the economy and society.

The process of gender mainstreaming, as the concept is known, is not new, but widespread efforts in the field since the Beijing Conference have refined and expanded it. Development work—helping people lift themselves out of poverty through education, supplies and access to resources—now also means improving people's awareness of their cultural and societal roles, how decisions are made and resources controlled in families and communities.

“Creating awareness is our number one priority,” says Taiyong Chen, Heifer's country director in China. “If we only educate women, this creates a problem.”

“We try to integrate gender into every project implementation,” says Heifer China's Mu Ping. In many parts of China, Mu Ping says, particularly among ethnic groups, the women are shy and unassertive, especially with strangers, and “reluctant to take active roles in front of men.”

“Gender-equity training has been so

The 6-year-old daughter (page 6) of Tibetan farmer Gedie, unlike her older sister, will probably attend school. In China, as in many other nations, because daughters will be married into other families, their own families often don't invest in their education.

Laborers on the high plains of the Sichuan Province (pages 6 and 7), bundled against the bitter cold, work at sunset.



Masai women in Tanzania (above) walk long distances to water sources and then return home carrying buckets of water on their heads.



Peter Alukutsa (photo above right) and his wife work their farm in Kenya together.

important in bringing out self-worth—for both men and women,” says Alfredo Garcia, Heifer’s country director in Peru. “When we first visited these projects, the women would hide and only men were allowed to greet visitors. Today, I can see how much of a difference it has made.” And, he adds, “This is difficult work. You can’t just make it happen when you want it to. It takes careful planning and time.”

Equalizing Responsibility

Gender mainstreaming’s delicate task is to equalize responsibility within families and communities without disrupting the stability of tradition. Development workers help by raising the issues and providing a forum in which to discuss them.

“We respect tradition,” Chen says. “We help people understand how important the woman’s role is—all the work women do. We encourage men and women to share resources and decision-making. And after a few years,” he says, “hey! The women aren’t shy anymore.”

Like overcoming shyness, the results of these discussions may seem minor at

Gender Equity:

The word “gender” is often misunderstood and misused. Some people equate “gender” with “women” and so believe that gender issues refer only to women’s issues. Others consider addressing gender issues a feminist and Western approach that has been imposed on the developing world.

At Heifer International, however, the concept of gender applies to both women and men, as well as to their relations with one another and to their environment. The way women and men share resources, make decisions about their livelihoods, and plan for the future of their children, family, community and society at large—these are all issues that pertain to gender.

Addressing gender issues is crucial to sustainable development. Development—improving people’s livelihoods— isn’t sustainable unless both men and women participate, unless both take responsibility for their futures.

Who Is Poor and Hungry?

For Heifer, examining gender issues means scrutinizing the causes and effects of poverty and hunger. It is about identifying and analyzing who lives in poverty and why. Who is hungry and why? Who has the power to escape from poverty and who does not and why? Who has the opportunity for improvement in life? Whose voice is heard and whose is not? Who is denied the right to make life decisions? The concept of gender looks at all these questions because the answers are critical to bettering the lives of women and men living in poverty around the world.

As an organization that believes in people’s ability to change their own

THE HEART OF JUSTICE AND SUSTAINABILITY

lives and to create a better future, Heifer promotes and supports sharing and caring among people, which is fundamental to equity, or fairness. Heifer sees itself as a facilitator in this crucial process, and not as a provider of answers or as a problem solver.

Heifer has succeeded in alleviating poverty, hunger and social injustice through helping communities develop their own resources. Gender inequity is social injustice. The disproportionate number of women suffering from poverty—70 percent of the world's poor are female—calls for a concerted effort and a thoughtful strategy to achieve justice and fairness in economic and social development.

The Perpetuation of Poverty

In many poor countries around the world, the inability of families to build a better future for their children means poverty is perpetuated down through the generations. Many children, girls and boys, are born and grow up in poverty, becoming impoverished adults, women and men, unable to escape lives of deprivation.

Chronic poverty affects women and men differently. Culture and tradition often encourage the unequal distribution of resources between women and men, starting from childhood. In many developing countries, boys have better access than girls to school and health services and more opportunities to build assets and own property.

This discrimination based on gender creates persistent inequality between women and men in all aspects of life—economic, political and so-

cial—exacerbating the vulnerability and insecurity of women and girls. Escaping from this kind of intergenerational poverty without outside help, particularly for women, is difficult, if not impossible.

Conventional development programs have excluded the creativity, energy and knowledge of women and girls for years. Experience, however, has taught us that development efforts that do not address the inequality between women and men are partial ones and so are neither effective nor sustainable.

Heifer's Approach

Heifer has a vision that commits itself to equity and justice for the people of the world. This vision is supported by a clear and ambitious mission to end poverty and hunger by building people's ability to escape from poverty and achieve self-reliance.

Heifer recognizes that women and men face poverty differently. Our gender policy is rooted in the organization's vision and mission, with a goal of achieving equity between women and men of all ages, at all levels, by supporting and promoting the sharing of resources, benefits, workloads and decision-making. Also, Heifer has adopted "Gender and Family Focus" as one of our 12 Cornerstones, which acknowledges the link between gender issues and the welfare of the family.

To reach this goal, Heifer employs two complementary strategies. The first is gender mainstreaming, which integrates the needs of women and men in all our work, including designing policy, programming processes, project planning, and implementa-

tion and monitoring. The second approach seeks to close the existing gender gaps by focusing on programs and projects that directly address the disadvantaged groups of the community, especially women and girls.

Four major principles link and strengthen these two approaches:

- Gender equity is a social justice and human rights issue that leads to ending poverty and hunger.
- Achieving gender equity requires the recognition that every policy, program and project affects women and men differently.
- Gender equity requires the transformation of women's participation from passive beneficiaries to active agents at all levels and in all fields.
- Gender equity can only be achieved by working with women and men as partners.

Listening to the Poor

Ensuring that the voices of poor women and men are heard is one of Heifer's most important tasks. Heifer International strongly believes that recognizing the harmful effects of global and national policies on the poor in general and poor women in particular is crucial to ending poverty and hunger. Heifer works with both local and international partners to address the critical issues of gender equity and justice in all spheres and at all levels.

Heifer also realizes that the persistent inequality cannot be eliminated in a short time. Hard work and a realistic strategy are needed to level the playing field—because as long as the playing field is uneven, development efforts will not be effective.

At Heifer International the concept of gender applies to both women and men, as well as to their relations with one another and to their environment.

first, as with the Nepalese men who, at gender training meetings in Heifer's Nepal program, decided to prepare and serve tea to the women in their group during breaks. But for the women in the program, the gesture was groundbreaking.

"Our husbands had never before lent their hands in any household work," says one of the participants, Durga Parajuli, as she holds her first cup of tea prepared by men. "Today, their assurance to help us with chores enables us women to fully concentrate during the training."

And the larger significance of the act was not lost on Parajuli. "Everyone thinks of changing the world," she observes. "But rarely does anyone think of changing themselves."

Thinking Changes

Often, as roles shift, men find that they have been constrained by tradition as much as women. Sim Roeun, a Cambodian woman from a village near Phnom Penh, began attending meetings of the organization MKD, Cambodian Mothers for Development, against the wishes of her husband in 2000.

Her husband, unable to find work, often drank heavily and "punished us," she says, and they could no longer support themselves and their eight children on their 40-square-

meter plot of land. She and 40 other women started a savings account, and she began attending training in sustainable farming. Shortly after she received a cow from Heifer.

At first, her family resisted her leadership role. "It caused big problems" with her husband and children, she says. But she continued to attend training and began teaching others in her community what she was learning. As her plot of land grew fertile and productive, she became a respected expert among the people of her village, who spoke so highly of her to her husband that he began to pay attention to what she was doing.

Soon after, she says, she took her husband to a nearby hospital, where he was diagnosed with depression and began treatment and counseling. Today, he farms their land with her, and though her three oldest children are too old for school, her five youngest are enrolled.

In the best-case scenario, as these programs progress, men and women discover, through training, discussion and hard work, the best ways to share their burdens.

In the Cucungara community in Piura, Peru, in the arid dry-forest region near the Ecuadorean border, it hasn't rained for three years. Villagers travel hours each day by donkey and cart to retrieve water for cooking and washing. It is a community that

The Bottom Line

Women and girls are the majority of the world's poor—by some estimates 70 percent of the 1.3 billion people living in poverty are female.

In 1999 Sweden became the first country to have more female government ministers than male: 11 women and nine men.

It is estimated that women's unpaid household labor accounts for about one third of the world's economic production. In developing countries, when unpaid agricultural work and housework are considered along with wage labor, women's work hours are estimated to exceed men's by 30 percent.



cannot afford not to work together.

Yolmer Delgado, a community representative in the dry-forest sustainable management program, says that “the training Heifer provides integrated us as a group to develop common ideas and to respect each other. Each person is important in the process of development in our community, because each has a task to fulfill.”

His wife, Madelina, agrees. “Before Heifer, there were no women leaders. Heifer strengthens our community. I feel so grateful because now I am able to help other families. I am important, because I can help others and earn money for my family.”

Another member of the Cucungara community, Ernesto Salvador, attends trainings with his wife, Martina. He says, “I have big hopes for my children. I wish the best for them, and I want to train them how to man-

age animals. But I also want them to keep studying.”

Lives Transformed

Over the years, these projects can transform not just the lives of the women involved, but those of their husbands and families. A few decades ago, the village of Wu Jia Zhai, outside the city of Chengdu, was known as Qigi, “Beggar’s Village.” The villagers were poor and without stable sources of income. In the last 15 years, many things have changed.

Villagers have begun working together, tending mulberry trees for silkworm production, raising a hardy breed of goat provided by Heifer and farming sustainably. In 1996, a women’s silkworm project was started. Today, the women and their families have doubled and tripled their livelihoods

Gjyze Laskaj (above left) of the district of Klina, Kosovo, still farms for a living.

Wladyslaw Tylka (above right) of Podkarpackie Province, Poland, raises dairy sheep with his wife.

The number of women members of government has risen by less than three percentage points, from 10 to 12.7 percent, since the Fourth World Conference on Women in Beijing in 1995. At that rate, it will take 75 years before women have equal representation in their national governments, the Women’s Environment and Development Organization reports.

Percentage of Women in Government		
	Ministers	Deputy Ministers
Albania	5.3%	14.3%
China	6.1%	3.9%
Denmark	29.2%	10.3%
Nepal	0%	0%
Nicaragua	15.8%	17.9%
Thailand	0%	2.6%
Uganda	10.7%	8.1%
U.K.	8.3%	6.6%
United States	14.3%	34.5%
Yugoslavia	5.9%	8.7%
Global Average:	6.8%	5.7%

*Based on information from the Worldwide Government Directory, 1996

Eliminating gender bias in occupation and pay could both increase women’s income and contribute to national income. For example, estimates show that if gender inequality in the labor market in Latin America were eliminated, not only would women’s wages rise by about 50 percent but national output would rise by 5 percent, the United Nations says.

Discrepancies in pay are often more entrenched in developed countries. For example, in Kenya, women’s average wages in non-agricultural employment are 84 percent of men’s, while in Japan women earn only 51 percent of what men earn.



Jiafe Ye and his wife, Changlan Ji (above), in Anhui, China. Han Mu Ji and her nephew (above right) on the Tibetan Plateau in China. Gender mainstreaming seeks to equalize responsibility within families without disrupting the stability of tradition.



from silkworm production. They have also received less tangible benefits.

“Men and women work better together now,” a woman named Zeng Dashu says at a recent meeting with visitors. Four women involved with the project sit in a row facing their guests, while their husbands and other villagers crowd behind them. They can buy much more pork, now, they say, and one family has replaced its bicycle with a motorcycle.

“We can save money, and send our children to school,” says Dashu. “And we feel more confident in talking to strangers.”

When asked who controls the money from the silkworms, she or her husband, a nervous titter goes around the room. Her husband stands up in the back, a broad smile on his face. “We do it together,” Dashu says simply. “We help each other.” Today, the village is the most prosperous in the county, and its new name, given by the government, means “Well-Off Village.”

A Sense of Risk

These are all, in some way, the stories of people who changed themselves first and in so doing changed the world. More than other developmental movements, gender

“Move Forward and Speak”

By Darcy Kiefel

Heifer International Photojournalist



I first met Pascuala Pari Marca de Catacora in the summer of 1999 in the Acora district in Peru at a “Passing on the Gift” ceremony. Heifer was working with a partner group, Comité de Economía y Desarrollo de las Comunidades Campesinas de Acora, or CEDCA, to help families through the distribution of alpacas to improve the bloodlines of communal herds.

To ensure enough food for the animals, Heifer and CEDCA also had planted 21 hectares of alfalfa divided

into three hectares per community. Today, more than 19 communities have benefited through the project, their herds improved, and Heifer International is no longer needed for assistance.

The project also encouraged women in the villages to attend workshops and training sessions, as well as to consider taking leadership roles in their communities.

Pascuala was one of several women preparing food for the Passing on the Gift celebration. Her beauty and curious glances toward Heifer International guests captivated me. She was too shy to speak, but I could see that she clearly had many things to say.

The following day, Pascuala traveled with Heifer staff to the community of Imata to visit with recipients. She stayed close to my side, helping me with interviews, photographs and even in my search for the nearest private place to relieve myself.

Walking down the dusty trail and through the golden fields of the Altiplano, or high plains, with nary a tree or shrub to hide behind, Pascuala and I shared our life stories. We laughed as we chased, in the bitter cold and wind, her bowler, a traditional hat worn (usually at a

particularly jaunty angle) by the women of Peru.

Pascuala said she never imagined that she would have had the courage to speak so openly, especially with a foreigner. "When I was little I would not talk," she told me. "I was always afraid. When people looked at me, I would run away. Heifer International provided me with support and an understanding of my voice."

As we continued our walk, Pascuala said she believed that Peruvian women carried a deep

"After participating in Heifer workshops, I was encouraged to speak with confidence and strength."

— Pascuala Pari Marca de Catacora

understanding of ways to better their lives and the future of their children, yet few had the courage to come forward. Although changes in her country were not easily accepted, Pascuala was eager to learn and make changes of her own.

I felt that Pascuala and I, in the brief time we were together, had established a deep bond.

In November 2004, I traveled to Peru once again, this time with Heifer International writer

Sherri White. I asked to visit my friend Pascuala, a visit Heifer's staff in Peru kindly arranged. She was waiting for me at a hotel in Puno when we arrived. Our reunion prompted tears of joy in both of us. I noticed immediately a more confident woman than I had met just five years before. Two days later, we paid a visit to Pascuala's home to meet with her entire family.

"After participating in Heifer workshops, I was encouraged to speak with confidence and strength," Pascuala said during this visit. "I was so nervous at

first, but little by little I learned to overcome my problem. It was Heifer International that gave me an opportunity to travel to places I never knew and become a strong leader for my community and other women."

Pascuala is now a leader in CEDCA and in an Acora women's group that sells textiles to local and national vendors. Although Heifer training has helped her, much of Pascuala's confidence has

come from the support and encouragement of her husband, Cesareo Catacora Cutipa, and their family.

Cesareo said, "I have always had the desire to support Pascuala in her work and in her dreams. I understand that by working together, we will improve our condition. When the physical strength of a man goes away, it would be difficult to live without the woman's help. This is why I have supported Pascuala in training and developing her abilities."

Pascuala has also encouraged other women to follow in her footsteps.

"I tell my women's group, 'Do not be afraid. Move forward and speak. You need to do as much as you can for the future with your voice. All the women of the world have an opportunity to better their lives,'" Pascuala said.

"I am everything I am today because of Heifer International training and through the encouragement of my family," she said. "I have improved my life and that of my family. I would like to say to the husbands of the world to please support their women in different activities, because through women's development, we can improve all our lives."

My friend has found her voice.

“This is difficult work. You can’t just make it happen when you want it to. It takes careful planning and time.”—Alfredo Garcia, Heifer’s country director in Peru

equity carries with it a sense of personal risk, because it challenges people to leave what they know behind. “An unfavorable response” to gender mainstreaming, says Martha Hirpa, “is more often from fear and misunderstanding rather than from people wanting inequality.”

Such progress is always made up of individual choices. Sometimes it happens in dramatic leaps, when whole societies work together, and sometimes, it happens because one person makes it happen.

Mu Ping tells the story of a woman named Ma Shuhua, who in 1952 lived in Dazu Village in Qingshen County, Sichuan Province. That year she sent her oldest daughter, Xu Junru, to elementary school; even at that time, it was common for girls to attend the lower grades. When Xu Junru finished elementary school, Ma Shuhua sent her to junior high school.

It was, as Mu Ping points out, a very difficult time in Chinese history; on her walks to and from school, Xu Junru saw people dying from starvation by the roadside. But she completed junior high. When the time came for her to enter high school, Xu Junru refused to go, intent on staying home to help her mother, whose husband was unable to work and who farmed to provide for her family. But Ma Shuhua insisted.

In 1963, Xu Junru graduated from high school and enrolled at a university to study chemical engineering. After graduating, she married. At the age of 27, Xu Junru gave birth to a daughter, who attended



elementary school, junior high and high school, and went on to receive two bachelor’s degrees, in English and law.

This girl, of course, was Mu Ping, who recently helped her grandmother celebrate her 77th birthday, in Dazu Village where Ma Shuhua still farms. She tells her grandmother’s story with a pointed understanding of what it has meant for her own life.

Ultimately, the goals of gender mainstreaming are no different from the goals of all developmental work—to help a society make full use of all its resources. In the process, it gives human potential an opportunity to fulfill itself, with broad cultural possibilities as well as deeply personal ones. As a woman in one of Heifer’s Nepal projects observed during a “Passing on the Gift” ceremony, “We have joined together as women to create ourselves.” 🌸

Augustina Yesquen of Alto de la Cruz, Peru (above right), prepares a meal in her kitchen.

At right, four silkworm farmers from the village of Wu Jia Zhai in China share a laugh in the courtyard of the village meeting center.



A Better Life for Everyone

Five Stories

Central and Eastern Europe

In the Bieszczady mountain range of southeast Poland, where the air and water are exceptionally pure, Renata Kozdoba of Lutowska, Poland, was determined to make a living the way her family had for generations, by breeding sheep for their wool. But when wool prices dropped dramatically worldwide, she began looking for other sources of income. She discovered a demand for the meat of a local black-faced sheep, and with the help of Heifer International began breeding them organically. Demand was great for sheep from this region, and she quickly became the local expert on the breed. Today, in addition to caring for her own sheep, Kozdoba teaches farmers in the care and breeding of theirs and lobbies for farmers' rights in local government. She recently appeared in a local television special, "Bieszczady: People, Sheep, and Wolves."



2000, Garrett's husband died of liver cancer, and she promised herself she would see the project through to the first "Passing on the Gift" ceremony; in April 2003, the first pass-on in the Southwest Louisiana Livestock Enterprise occurred on the Garrett farm.

Latin America and Caribbean

Guillermo Román Santizo Aguilar of Triángulo Ixil, Guatemala, began working in the war-torn municipality of Quiché when communities there began to rebuild after long years of internal strife. He began working with the women in the communities, who traditionally had no say in family matters and were entirely dependent on men. Under his guidance, they transformed previously unusable land into orchards, using native plants and soil techniques. When their goats and rabbits arrived, they composted the manure and used it to fertilize their orchards. Today, the women in the project make substantial contributions to their families' incomes and have formed a women's group to share what they have learned with others. "With God's help," says Aguilar, "I hope to go on being useful to my country."



abusive to her and their two children. When he left her and married a woman in another village, Nan was determined to make a new start for herself. She began attending training sessions in large-animal care provided by Heifer, and in early 2002 received a heifer and two sows. She continued her education in animal husbandry, passed on dozens of animals to her neighbors, and at the end of the year was named a Village Animal Health Worker. She also helps train widows and orphans in her community, building self-confidence as well as technical skills. "Everything has changed," Nan says. "I have self-reliance and can participate fully in social activities and other development issues."

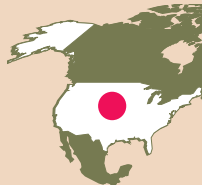
Africa

In the Malindi district of Kenya close to Magdalena John Changawa's house, the bus stop used to be known as "Mihongohichenda," a name many people were unfamiliar with. Today, as far north as the coastal town of Lamu, the bus stop is known as "Stage de Maziwa," or "Milk Collection Point." A successful dairy farmer, Magdalena John Changawa has trained local farmers in sustainable farming techniques, helped establish a dairy and led an effort to bring affordable fresh water to the area. She also operates an agro-vet shop selling dairy production supplies and medicines, and runs a café. Say the people who work with her, Changawa is like "a tape-recorder which can be rewound"—a wealth of information from whom many other farmers have learned.



North America

Julia Garrett of Lota, La., became president of a small group of farmers in Acadia Parish when her husband suggested they elect a woman to head their sustainable livestock project, Acadia Youth and Livestock. It was a new experience for her ("I knew nothing!" she says. "I didn't know what end did what."), but under her leadership, the program thrived. "We were there when anyone said there was anything to learn," she remembers. In a couple of years, the program became the Southwest Louisiana Livestock Enterprise. In



Asia and South Pacific

For years, Hy Nan, of Stoeng Chral village in Cambodia, and her husband worked as laborers at a rubber plantation, but her husband was





Passing *on* Peace

Project Participants in Caucasus Find Common Ground

Story and Photos by Darcy Kiefel
Heifer International Photojournalist

SHULAVERI, Georgia—On a hot summer day near the small village of Shulaveri in the Republic of Georgia, four families representing three different nations stood proudly together. Refugees from Azerbaijan and Armenia stood on Georgia soil to participate in a “Passing on the Gift” ceremony.

But these families shared more than potato seeds and sheep. They shared peace, a commodity that has been rare in this area. The ceremony was part of a Heifer International Peace Project. The project seeks to promote understanding and even long-term partnership across borders.

Adilhan Mamedov, an Azeri living in Georgia, embraced his small daughter, Mileg, as she gently placed potatoes into the grateful hands of Seiran Darghian, an Armenian refugee who escaped from Azerbaijan and now lives in the Tavush region of Armenia.

"Heifer International saw our situation, and we thank them for their assistance and this Passing on the Gift," Mamedov said, his eyes full of tears.

"Let Heifer be the glue to bring together all nations. Heifer is stretching their hands to those where contributions are needed the most. The principles of Heifer and Cornerstone training are the principles of a holistic life."

The project participants held their glasses high as the mayor of Shulaveri, Javat Japarov, toasted them. "I am greeting all the nations to our Georgian land," he said. "Please feel free to stay as long as your heart wants. Let this Heifer International Passing on the Gift contribute to our families and nations. Let families in all nations prosper as one."

A Legacy of War

These three countries of the Caucasus region, in what used to be the Soviet Union, have seen their share of war. In 1988, Armenia, a small, land-locked country with few natural resources and a population of just over 3 million, and Azerbaijan became embroiled in a dispute over the status of the Nagorno-Karabakh region. Nagorno-Karabakh, historically part of Armenia, was "given" to Azerbaijan during the Stalinist era. The region was populated mainly by Armenians, and in 1988 it proclaimed its independence from Azerbaijan.

In 1993, the conflict erupted into war, resulting in the death of more than 30,000 Armenians.

Blockades by Turkey and Azerbaijan have resulted in shortages of fuel, raw materials and food. Although a ceasefire has been in effect since 1994, Armenian refugees and migrants continue to pour into Russia, Europe and the United States, seeking to escape Armenia's devastated economy.

Azerbaijan, bordered by Iran in the south, Russia and Georgia to the north and Armenia in the west, lost 20 percent of its territory in the conflict over Nagorno-Karabakh. The nation now struggles to support more than 750,000 refugees as a result.

The Republic of Georgia lies southwest of the foothills of the Greater Caucasus Mountains and on the southeastern shores of the Black Sea. About 69 percent of Georgia's 5.4 million people are ethnic Georgians, while Armenians and Azeris, along with Russian and Abkhaz ethnic groups, make up the rest of its population.

Georgia was once considered the most affluent part of the Soviet Union, but civil war and crime ravaged the country in the 1990s. The loss of affordable Soviet energy and the rupture of trade has caused economic crisis. Despite recent improvement, Georgia remains among the poorest countries of the former Soviet Union. All three nations—Armenia, Azerbaijan and Georgia—continue to suffer

greatly from the torn social, economic and cultural ties of the region.



GRAPHIC BY KIRK MONTGOMERY



Adilhan Mamedov (opposite page), with his arm around his daughter, Mileg, and Seiran Darghian appear at a Passing on the Gift ceremony with Heifer International project participants from Azerbaijan, Armenia and Georgia in Shulaveri, a village in the Republic of Georgia.

In the photo at left, Armenian Maxim Movsesyan and his daughters, Sveta (in the light blue dress) and Diana pass on the gift of a lamb to Ali Aliev (right), an Azeri, in Shulaveri, Georgia.

**“Let there be peace in this world. Let our young people never see war and be blessed. This Peace Project is especially important for our young people and their future.”
—Artak Petosyan**

Learning to Live in Peace

Anahit Ghazanchyan, Heifer’s country director for Armenia, was among those at the ceremony. She and her staff have worked hard to bring peace and prosperity to the three countries.

“When people rejoice, as today with the Passing on the Gift ceremony, they forget about war and find more similarities than differences,” Ghazanchyan said. “When you show love, you can only give back love. This is why this Peace Project is so important. Our mission in the Caucasus is to build sustainable, happy lives in communities and to learn, once again, how to live in peace.”

The Heifer Armenia Umbrella Peace Project has three components: community development through agriculture projects, vocational training for youths, and, through education activities conducted by young community leaders, advocating on behalf of health and human rights issues.

“Learning to live in peace” is the idea underlying the strategy.

To implement the “Livestock for Peace” program, Heifer Armenia is working with local organizations such as People for Healthy Lifestyles and the Tavush Support Center in Armenia, the Georgian Union of Mountain Activists in Georgia, and the YUVA Humanitarian Center in Azerbaijan.

Church Development Service (EED) of Germany is also a partner organization, working against discrimination on the basis of gender, race or religious beliefs. EED assists people living in poverty and threatened by war and other catastrophes.

Heifer Armenia, while strengthening

communities, has also provided training at regional gatherings, held meetings and made presentations as part of the program. In addition, Heifer Armenia has sponsored visits of farmers from different ethnic communities to share ideas.

Heifer International has introduced cross-border Passing on the Gift from one ethnic group to another. This, along with the sharing of instructors and learning, has helped foster a spirit of peace and understanding.



Healing Hearts

In the small village of Areni, Armenia, near the border of Azerbaijan, Mayor Sergey Sukiasyan shares his views of the Peace Project.

“Our village is two kilometers from the border of Azerbaijan,” Sukiasyan said. “During the Karabakh war, our village was bombed. Our people lost everything, including their sense of self-worth. This Peace Project has helped alleviate the social and economic problems of our needy families, teaching them to become self-

reliant through small-scale farming.

“Most importantly, all the villagers have seen war and continue to suffer from difficult psychological problems; this project has already begun to heal their wounds and hearts,” he said. “Heifer International brings beneficiaries together in a very holistic way.”

Others in Areni described the impact of the Peace Project. Lilit Manukyan was at first hesitant to speak, but with encouragement she shared stories of her family’s difficulties.

“We have a very big family with four children, and there are 11 of us living under the same roof,” Manukyan said. “All of us are unemployed, and our only income came from the animals we had, which was very little for such a large family. This one Heifer International cow has become our salvation.”

“The Peace Project is very important to us because all Armenian women and mothers wish there were no war in this world—only peace,” Manukyan said tearfully. “This is important for the sustainability of our own families, not just for our country.

“We don’t even like to remember the days of the war,” she said. “Our whole village was bombed. I had to bake bread for my husband and the soldiers. It was difficult to even find ingredients. We were terrified. We took our small baby and went from one basement to another to hide.

“So today, we want peace—the real meaning, not temporary—and this is why we are so thankful to Heifer International. We are such a small country. They could have gone anywhere, but they came to us.”

Focusing on the Youth

Within the Peace Project, Heifer Armenia hopes to help youths develop life skills and agriculture-oriented vocational skills to prepare them for adulthood. Children from different ethnic groups share knowledge, experiences and joy through exchange visits, joint presentations and youth camps. The aim is to encourage younger generations to

work together and develop partnership skills.

In Sevan, Armenia, 15-year-old Ani Hovhannesian recently attended a Heifer youth camp with Georgian and Azeri children. “Peace is very important to me,” Hovhannesian said. “War brings only harm and there is no use to war. First of all, we must recognize and know our neighbors—in this case, we will become best friends instead of enemies. This camp helped us connect with one another so enemies will never happen.”

Twelve-year-old Mary Davtyan, the youngest participant of the youth program, said, “Peace is happiness for me and is the well-being for all.”

“Through the health classes at the youth camp, we learned we can save the world,” Mary said. “From our civics classes we learned what peace is and that we should all protect our rights. Through our agricultural classes we learned that if we protect nature and our environment, nature in turn will bring us products.”

Back in Shulaveri, Nizami Mamedov, the Heifer project leader, ended the emotional celebration by saying, “My heart is full of happy words. I could never imagine such a short period with such big results as with this Peace Project. Today, I feel such enormous happiness in this multinational environment and Passing on the Gift Ceremony. I feel like I own the mountains.” 🐾



The Manukyan family in Areni, Armenia (above). The village of Areni, just two kilometers from the border of Azerbaijan, was devastated during the conflict over the Nagorno-Karabakh region.

Artak Petrosyan (opposite page, right) with his grandson, son and their goat in Arpi, Armenia.

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Sometimes, Alpacas Do It Better

The Difference Indigenous Livestock Can Make

By Sherri White

Staff Writer

Photos by Sherri White and Darcy Kiefel

Ancient rock formations, known locally as “The Lost City” of the Altiplano in the southern Peruvian Andes, tower over Juvenal Ichuta Suriccallo’s homestead. The thirsty ground is a patchwork quilt of dust and native grasses, some suitable as forage for his animals, some not.

Suriccallo points toward a majestic boulder crowning a tall foothill, saying, “Since I can remember, my family has always had alpacas. I prefer to work with alpacas and llamas because they’ll eat anything. They can climb to the top of the steep, rocky hillside to graze and return safely. A cow would fall down.”

Andean camelids, including alpacas and llamas, are one example of the indigenous livestock that Heifer International provides to its project participants. Indigenous animals originate or live naturally in a particular area or environment. From alpacas in Ecuador to Furioso horses in Romania to yaks in China, indigenous species and breeds are essential to the success of many of Heifer’s projects.

Determining which animals are appropriate to place in a project is as important as selecting which crops are most likely to thrive. Because indigenous livestock are better suited to local environments, they

are often healthier and less expensive to manage than imported breeds.

“Animals become physiologically accustomed to being reared under certain conditions that are unique to an area,” explains Dr. Terry Wollen, director of Animal Well-Being for Heifer International. “This can lead to genetic adaptation that helps to protect the animal from locally harsh conditions and to thrive where other animals could not. For example, in Asia the yak is naturally conditioned to higher elevations. It can survive at lower altitudes, but the heart and respiratory system are especially adapted to air with lower oxygen content.”

Wollen notes that over time, animals raised under certain adverse health conditions develop adaptive responses or built-in protection. For instance, some indigenous breeds of cattle develop resistance to the effects of certain parasitic insects and are able to thrive in areas where other animals would suffer and die from these pests.

Promoting Biodiversity

By encouraging communities to use indigenous livestock, Heifer also



“I prefer to work with alpacas and llamas because they’ll eat anything. They can climb to the top of the steep, rocky hillside to graze and return safely.”
—Juvenal Ichuta Suriccallo



The Polish Red (above), one of many indigenous species saved from extinction, is a hardy breed that costs less to maintain.

helps promote biodiversity and genetic preservation of local breeds. This is crucial, considering that many native species are becoming endangered or extinct. According to Katarzyna Malec, country director of Heifer Poland, the Polish Red cattle population topped 2 million in 1969. In only two decades, by 1989, that number dwindled to a mere 200 head of cattle.

Malec explains that about 1,000 head of Polish Red exist today and that they are still in danger of extinction. These cattle—ideal for struggling farmers because of low fodder requirements and relatively high milk production—are Poland’s last local breed. Heifer has four projects in the country involving its revitalization.

“The Polish Red is an extremely important breed in Heifer’s Central and Eastern

Europe program,” Wollen says. “Not only are Heifer project participants helping to ensure the preservation of this breed, they also enjoy the many benefits not found in other cattle.”

“For our farmers in the mountainous regions of Poland, this breed is ideal because of its medium size and ability to graze on rough hillsides,” Wollen says. “These hardy cattle are fertile and live long lives. Also, they don’t cost as much to feed and maintain. The ability of an animal to survive at a lower level of nutritional support and health intervention is a critical factor in the success of our projects.”

Saved From Extinction

The Polish Red is one of many indigenous species brought back from the brink of extinction. The Churro sheep, sacred to the Navajo people and revered for their fine wool, resistance to parasites and flavorful meat, were reduced to a few hundred in the 1970s. According to Rigoberto Delgado, Southwest Program manager for Heifer’s North America Program, the breed is being restored—and returned—to the Navajos.

“Dr. Lyle McNeal, a valuable Heifer International partner, has preserved the purest flock and has brought them back

The Benefits of Indigenous Livestock

- **Better adapted to native environment**
- **Higher resistance to local disease and parasites**
- **Cheaper to maintain and reduced health intervention**
- **Promote biodiversity and genetic preservation**
- **Provide food and economic security**
- **Are intertwined with native cultures and traditions**
- **Support local markets**



through a ram exchange movement,” Delgado says. “Heifer has a project, Kéyah Be lina, that provides 25 Churro ewes and three rams per year in the Navajo Nation. Families that do not have Churros have a sense of vulnerability because the sheep are so much an integral part of their culture,” Delgado says.

“These sheep are a special value to the Navajos. They are like life insurance. Not only do they serve as a literal bank for economic security, they have helped restore the rich weaving traditions passed on from the elders to the younger generations. The Churro, also known as Navajo sheep, has such a social and economic impact that every part of the animal is put to good use.”

Southeast Asia’s Black Bone chicken is another indigenous breed that is essential to local cultures. Over 2,000 years old, this breed is often used in traditional medicinal treatments for many ailments, including diabetes, muscular disease and dysentery. This bird is especially valuable to Heifer projects in Thailand, as it fetches a higher price at local markets, which increases the income of participating families.

Financial Benefits

There are two common characteristics among the indigenous livestock that Heifer places—they lower the costs of implementing Heifer projects and increase the income of participant families. Wollen explains: “Another reason for working with local breeds of livestock is that shipping from nearby countries or from the United States is extremely expensive. The old days of government-supported sea and air

shipments are now gone, and the wisest use of our funds is to purchase more animals locally.

“International health rules are also more stringent. The concerns about foot and mouth disease, mad cow disease, brucellosis, tuberculosis and other foreign diseases require that animals be screened before shipment. Shipping animals is both costly and time consuming.”

“Animals become physiologically accustomed to being reared under certain conditions that are unique to an area.”

—Dr. Terry Wollen

Heifer’s project participants all enjoy financial benefits from these indigenous breeds. Whether it’s Polish farmers selling extra cow’s milk or Peruvian families selling traditional weavings from alpaca wool, these animals help provide much-needed economic security.

As Juvenal Ichuta Suriccallo says, “I learned so much working with Heifer Peru. Before I started this project with Heifer, I would sell my most beautiful alpacas at the market for lower prices. Now, I keep the best animals and improve my breeds. I work with my community to sell fiber as an organization to get higher prices.”

And he well understands the difference a little extra money can make. “Four years ago my mother was very sick, and we could not afford good medical care. If I had had the extra money then, I might have been able to save her life.” 🐾

Churro sheep (above left) are sacred to the Navajo people and have played an integral role in preserving their culture and traditions.

Classified as endangered, the Furioso horses (above right) placed in Heifer projects in Romania help improve the local environment and increase farm productivity.

Cycling for Heifer

Dr. Al Flory of Minneapolis had a story to tell, and he chose to tell it from the narrow seat of a 21-speed touring bicycle.

Like a circuit-riding preacher of days gone by, Al Flory used a solo, coast-to-coast bicycle ride as a

many of the same qualities that made him such a special person. Heifer's Cornerstones of respect for human dignity, self-sufficiency, accountability and passing on life's gifts are all things that my dad exemplified."

Gary Grunkemeier, lives in Portland, Ore. When I asked Gary if he wanted to put on rain gear, his reply was, 'Why? Do you think it's going to rain?' "

Flory says that comment put everything into perspective for the remainder of his 3,742-mile ride. As he crossed through 11 states raising awareness and money for Heifer International, he was struck by how receptive people were to hearing about Heifer's self-sustaining solution to some of the world's most complex problems.

"The kindness that so many people showed me—bringing me into their homes, hosting pot luck dinners, inviting me to their churches and feeding me—strengthened my belief that people are basically good."

The people whom Flory touched were also financially generous in response to his marathon tour. Flory raised more than \$12,000 for Heifer International project partners.

"I'm so glad I was 'insane' enough to start the ride, that I did it as a memorial to my dad and finally that I did it as a fund-raiser for Heifer International. I still can't believe how lucky I was to enjoy the beauty of North America and the freedom that biking provides."

Heifer project partners around the world who are benefiting from Flory's efforts are equally grateful for the freedom that a gift of livestock is providing to their lives—thanks to the determination and vision of Al Flory.



Dr. Al Flory rode 3,742 miles to raise awareness and money.

way to spread the good news about Heifer International.

Flory's message was simple and to the point. "Heifer's programs ... are not grandiose billion-dollar plans to 'take care of people.' They are grassroots programs that allow people to help themselves and make the most of what life has given them."

Flory also used his three-month journey across the country to honor the memory of his late father, Pete.

"My dad would appreciate the work Heifer does," Flory said, "and the organization embodies

Flory graduated from the University of Minnesota veterinary school in 1987. He practiced veterinary medicine for many years but is now an executive with a medical device company. He began his ride with a "tire dip" in the Pacific Ocean on June 10, 2004, in Anacortes, Wash., and ended with a tire dip in the Atlantic Ocean on Sept. 14 in Bar Harbor, Maine.

Flory, reflecting on the first day of his journey across the country, said, "I was a bit worried about the drizzle that morning; fortunately my riding partner,



Rev. Ethmer Erisman and his wife, Kathryn, receive a plaque from Heifer representative Cleo Kottwitz. The couple contributed a Gift Ark and inspired more giving.

Nudged Into Action

Last July, the Rev. Ethmer Erisman of Warrensburg, Mo., received a powerful nudge that changed not only his life but the lives of dozens of people around the world.

The fateful nudge happened at the Missouri/Arkansas District Conference of the Church of the Brethren. Earlier in the day, Erisman had been honored by members of the conference for 60 years of ordained ministry. As the day wore on, Erisman, who has attended more church conferences during his 60 years of ministry than he can count, found his eyes getting a little heavy.

Erisman said, "I guess I must have dozed off during one of the

sessions in the afternoon because I was startled awake by a forceful nudge in my back. I looked around to see who had poked me, but there wasn't anyone there. In fact, no one was paying any attention to me at all. They were all listening to the speaker, a fellow from Heifer International, Cleo Kottwitz. Cleo was issuing a challenge to our churches to raise money for a \$5,000 Gift Ark that would provide animals for 30 families.

"A voice in my head said, 'Ethmer, why don't you do that?' I knew right then that the forceful nudge that woke me up was no accident."

Erisman found his wife,

Kathryn, told her what had happened, and she agreed that contributing a Gift Ark would be a wonderful way to celebrate his 60th anniversary of ministry as well as Heifer's 60th anniversary of finding solutions to world hunger.

"Kathryn and I agreed that rather than look back on 60 years of ministry, we would choose to look forward to how this gift will provide animals for 30 families, plus the offspring that would continue to give on and on," Erisman said.

Erisman wrote a check for \$5,000 on the spot and handed it to Kottwitz. Kottwitz was flabbergasted.

The ministers of Erisman's home church, New Beginnings Church of the Brethren, were flabbergasted as well. Erisman is a man of simple means, a cattle farmer and preacher who turned 80 last year. They knew that this was truly a sacrificial gift.

Inspired by his generosity, the ministers decided that if he could make that kind of sacrifice, then surely their church family could as well. The New Beginnings Church also presented a check to Heifer International for \$5,000 that very day.

"I guess people were a little surprised that I did that," Erisman said. "But giving the Gift Ark has meant a lot to me."

"I turned 80 last year and I'm still farming. I used to worry about who would take care of my cattle when I retire, but I'm not worried anymore. There are 30 families somewhere in the world who will continue to take care of 'my new cattle' long after I am gone."



Over 200 Sierra Vista students took part in activities to learn more about global hunger and to raise money for Heifer partners in Guatemala.

Hungry to Help

At 3:00 p.m., Nov. 18, 2004, about 150 high school students from Sierra Vista High School in Baldwin Park, Calif., sat down to a carefully prepared feast. Before them were heaps of fragrant frijoles and steaming tamales, lovingly hand rolled and cooked by Señora Soto, who used the recipe she learned as a child in her native Guatemala.

The young people were overjoyed by their meal, but not just because it was delicious. It was the first food these hungry students had eaten in 24 hours as part of a Planned Famine activity to raise money for Heifer International.

As the students broke their fast, they celebrated the fourth year that

they had raised a \$5,000 Gift Ark for Heifer International.

The Sierra Vista Gift Ark tradition was started by art teacher Dixie Coutant. Although she has since retired, Coutant is still involved in helping the students raise awareness and money for sustainable hunger relief. Last year, faculty adviser Rose Sanders and Coutant organized weekly group exercises and art projects as students prepared for their annual Planned Famine.

The students chose project partners in Guatemala as the target of their fund-raising initiative. Meeting once a week, the students



heard presentations about Heifer's work in Guatemala and did hunger awareness exercises that raised their understanding about the importance of this work.

The youth were particularly inspired by teacher and 12th-grade adviser Roberto

Soto, whose mother had cooked the tamales. The Soto family had emigrated from Guatemala. His family spoke to the students about what life is like when there is no opportunity, when survival is the fundamental goal of the day.

The Sotos described to the students how life changes when a family is able to earn a sustainable living. They are able to afford "luxuries" like drinking fresh milk

and sending their children to school—and maybe experiencing the joy of having their child grow up to be a schoolteacher like Roberto Soto.

Under Coutant's artful direction, the inspired students found creative ways to raise money to reach their goal of a \$5,000 Gift Ark. They created art items modeled after native Guatemalan crafts, which they sold to raise money for Heifer. Colorful dolls and vibrant handwoven tapestries were hot items at a bazaar held to raise money for Heifer.

The majority of the money raised for Heifer, however, came from the

backers whom the students had solicited to sponsor their Planned Famine. Each student was required to raise \$25 to participate in the event, but many far exceeded the mark, motivated by the poverty they grew to understand through their weekly meetings. Others were inspired by their families, who also chose to participate in the 24-hour fast in support of their children's efforts.

Project partners in Guatemala will greatly benefit from the efforts of these young philanthropists. While Guatemalan farmers face staggering economic and ecological



hardships, they are making progress in improving their living conditions and food security while restoring their natural resources—thanks in part to the students of Sierra Vista High School who, once again, took an Ark-sized bite out of hunger.

A Winning Combination

It was a first for Darlene Amon, a district lay leader for the United Methodist Church in Virginia. Visiting Beech Grove United Methodist Church in a somewhat “official” capacity, she expected business as usual. What she found was a church full of people wearing feathers in their hair.

It was a “Heifer Sunday” at Beech Grove United Methodist Church in Driver, Va., and Carol Vernon, a dedicated Heifer supporter, had persuaded her fellow parishioners to wear feathers as she encouraged them to buy chickens for Heifer International project partners.

That morning, as Amon watched Vernon infect others with her enthusiasm for Heifer, something clicked.

“It was a God thing,” Amon said. “I had been looking for a way to get

the youth of the 58 churches in my district to get involved with mission. When I heard about Heifer International and witnessed the heart that Carol Vernon had for this kind of work, I knew our district had found a winning combination.”

Amon had no idea just how “winning” that combination would be.

Vernon graciously agreed to take a leadership role in the district-wide effort to persuade young people to help raise money for Heifer International. She contacted all 58 churches in the district and arranged for more than 1,000 Ark banks to be delivered to them.

Vernon worked tirelessly handling publicity, answering questions and working with churches as they sought unique ways to involve their youth in Heifer's world hun-

ger mission work. Vernon even handled the bookkeeping.

Vernon and Amon had hoped that the youth in their district could raise a \$5,000 Gift Ark. But as the gifts started to pour in from the churches, their amazement grew.

By November 2004, in just two and a half months, the youth with whom Vernon had worked raised \$22,000.

Vernon's pastor, Brian Sixbey, said: “I'm not surprised Carol's efforts have been so successful. Carol has a very special gift. She thrives on mentoring and inspiring the people around her to really stretch themselves to help others. In her own quiet way, she is just wired to do that. She's a natural.”

Vernon's gift for helping others is a good fit with the Heifer way of life. Her partnership with Heifer is helping many people—including those in the United Methodist Church District in Virginia—live lives of dignity and hope.

Heifer Working to Help Victims of Tsunami

By Sherri White HEIFER STAFF WRITER

Digital Globe



Digital Globe



The coastline of Banda Aceh, on Sumatra in Indonesia, before and after the devastating December 26 tsunami.

The December 26 earthquake and tsunami unleashed one of the world's worst natural disasters in Southeast Asia and Africa, killing tens of thousands of men, women and children. In Indonesia alone, more than 100,000 people died.

As relief and aid organizations work to meet the immediate basic needs of tsunami victims in South and Southeast Asia, Heifer International is preparing programs that will help victims rebuild their lives over the long term. Heifer has committed \$1 million for programs to provide training, livestock and related help to victims on the coast of the Indonesian island of Sumatra and elsewhere in the region to rebuild lives and farms during the next few years.

Mahendra Lohani, Asia and South Pacific Program director for Heifer International, said that current Heifer project participants and Asian field staff were safe and no project communities were damaged by the tsunami.

"We have received a tremendous outpouring of sympathetic words and prayers from Heifer leaders, staff and supporters. This encouragement during this difficult time means so much, and I have shared everyone's condolences and good wishes with the field staff," Lohani said.

Lohani explained that the tsunami caused severe damage along the coasts of the Indonesian island of Sumatra, southern Thailand, India and Sri Lanka.

"Heifer has numerous projects in Thailand, but they are all concentrated in the far north near Chiang Mai," Lohani said. "We also operate projects on the island of Sumatra, but those communities are far inland from where the tsunami hit. Heifer currently has no projects in Sri Lanka. However, the emotional toll affects everyone in the region as well as around the world."

Michael Haddigan, Heifer's communications director, said: "Even though there wasn't any damage to

Heifer communities, I suspect that all of our global staff and project participants are deeply affected by the tsunami. The scale of the disaster and extent of the damage have shocked and saddened all of us. This disaster underscores what Heifer has been saying for 60 years—that wherever we are on this Earth, we are all connected and what happens to one affects us all."

In January, Heifer's Asia field staff completed an initial assessment of conditions in areas devastated by the tsunami and recommended that Heifer expand existing sustainable development programs in Northern Sumatra, one of the areas hardest hit in the disaster.

"Heifer's work really begins where relief and aid end," Haddigan said. "After victims' survival needs are met, Heifer helps communities and families prepare for the years ahead with livestock, training and other resources to help provide essential elements for long-

term recovery—income, nutrition, housing, education and community development.”

Heifer has helped small farmers on the Indonesian island for more than a decade. The existing Heifer projects are inland and not directly affected by the quake and its aftermath. Coastal communities, however, are in dire need of resources. Heifer will reach out to those communities and support families in their efforts to rebuild.

Heifer Indonesia staff members and partner organizations that are already on the ground will work together during the next few years to rebuild agricultural production, increase family incomes and support housing, education and public health efforts.

For further information on the tsunami rebuilding efforts, visit our website at www.heifer.org.

Heifer Netherlands Receives Honor

By Lauren Wilcox

Heifer Staff Writer



Heifer Netherlands was named “Ambassador of the Millennium Goals 2004.”

Heifer Netherlands has been chosen “Ambassador of the Millennium Goals 2004” out of more than 100 Dutch development projects.

Selected “best small project” by the Dutch Commission for International Collaboration and Sustainable Development (NCDO), Heifer Netherlands was awarded the title of “Ambassador” by a jury of its peers, professional development workers and more than 50 development organizations. The award is given to the organization that has best advanced the U.N.’s Millennium Development Goals.

Joep van Mierlo, director of the Heifer Netherlands program, said, “It is a great honor to be chosen from all these charities. Just before our fifth anniversary, this is a crown on our work.” Sabrina Langerak, Heifer Netherlands communications manager, said that the NCDO was committed to supporting and promoting small-scale development aid, particularly organizations that work at the grass-roots level. In presenting the award, Agnes van Ardenne, the Netherlands minister of Development Affairs, spoke to the assembled development workers about the importance of Heifer’s work. “The choice for the organization was made because it is a new concept, it is original, there is a good combination of training and ‘Passing on the Gift,’ it is simple with great results, and it is sustainable.”

“People of Heifer,” van Ardenne continued, “you work together with many people. You represent what I call partnership. And your efforts have results. Congratulations.”

Since being named Ambassador, Heifer Netherlands has received several invitations to present its work to other organizations, van Mierlo said. The prize carries with it an award of 5,000 Euros (about \$6,700).

Reuters



Photo from Heifer Thailand



Photo from Heifer Thailand



"Heifer": The Documentary

By Ray White HEIFER PUBLIC INFORMATION DIRECTOR

Bob Gliner was sold on Heifer. So much so that last year he packed up his camera and traveled the world making a documentary, "Heifer," that debuted on public television in the San Francisco Bay Area in December.

Gliner, a sociologist and award-winning independent documentary filmmaker from San Jose, Calif., likes to make videos about the engines of social change. He has filmed college volunteering trips overseas, studied social upheaval in El Salvador following its 1991 earthquake, and examined the struggles of post-Cold War Macedonia. Inspired by Heifer's mission, Gliner visited Heifer project sites around the globe, meeting project participants and filming Heifer's international program work.

The resulting documentary is a virtual study tour of Heifer's work abroad. It takes viewers to grassy cow pastures in Albania in Eastern Europe, to steep mountain paths in Guatemala to see women and their

goats, to Tanzania following camel herders in the African veldt, and to the yak fields of the Tibetan plateau of China—seeing firsthand the people and animals in Heifer International project sites around the world from their point of view. The documentary shows them grappling with issues of social justice, gender equity and environmental sustainability.

The program debuted in December on KTEH, a Silicon Valley and greater Bay Area public television station, and will enter a program distribution system that will see it aired in regional broadcasts on educational television stations throughout the United States this year, Gliner said.

Gliner, who teaches at San Jose State University, has produced more than 30 documentaries, and his work has appeared on PBS stations throughout the United States as well as been used in classrooms for a wide variety of university and public school curricula.

His recent documentaries include "Education for What? Learning Social Responsibility," examining service learning projects at the college level, and "Time Frenzy," about the social and ethical consequences of the increasingly hectic pace of modern life, particularly in high-tech centers like Silicon Valley. His 10 national awards include gold and silver awards from Houston's annual World Fest film festival, and a 1994 CINE Golden Eagle.

Said Gliner: "I feel there is a real need for this kind of television programming. Many Americans feel they cannot make a difference when confronted with the array of global problems encountered on the nightly news. However, by focusing on specific positive changes Americans and others can make in developing nations, such as the Heifer project, viewers may come to see their role in the world from a completely different perspective. They can make a difference. Problem solving is possible."

Earth Day at Heifer

The first ever Heifer International Earth Day Celebration at Heifer Ranch in Perryville, Ark., is scheduled for April 23. The event will seek to shine a light on Heifer International, our work and why we recommit to caring for the Earth day in and day out. We will celebrate success-



es, learn how we can do more and introduce Heifer International and our mission to the public, volunteers, congregations, members of civic groups, educators, students and donors.

Plans for the celebration include presentations by Heifer International program and education staff, an

environmental writers' workshop led by nationally known writers, booths staffed by environmental education organizations, and the opportunity to experience life through the eyes of people in developing countries through visits to Global Villages I and II at Heifer Ranch.

For more information, please e-mail central@heifer.org or call toll free at (877) 663-1686.

Giving Help to Haiti

By Sherri White HEIFER STAFF WRITER

During the 2004 hurricane season, viewers all over the world were shocked and saddened by the images of the disaster Hurricane Jeanne unleashed on Haiti, a beautiful land of rugged mountains and sandy beaches. Haiti is also a land ravaged by natural disasters, extreme poverty, environmental degradation and political strife.

The United Nations and the interim government of Haiti recently released a joint report, "A Common Vision of Sustainable Development," which describes how the U.N.'s Millennium Development Goals seem to be out of reach for the struggling country. (The Millennium Development Goals are a framework for measuring progress in development.)

In the face of seemingly insurmountable obstacles, however, Heifer Haiti is literally planting the seeds for sustainable solutions that will help project partners weather the future storms of hunger, poverty and natural disasters. In 2004, Heifer Haiti celebrated its fifth anniversary, though Heifer has periodically provided livestock to the country since 1949.

Paul Rudenberg, country representative for Heifer Haiti, said the program planned to help with Haiti's long-term recovery by providing seed, livestock and training.

"Throughout Haiti, Heifer promotes tree nurseries and forage planting to protect the land, and various methods of soil conservation are combined with forage production to reduce soil loss while increasing animal feed. Heifer Haiti also promotes community reflections on environmental issues, and



Map by Kirk Montgomery

throughout Haiti the recent floods have spurred groups to think about ways to prevent or reduce the environmental effects of such disasters," Rudenberg said.

Rudenberg reported that Heifer worked in one community—Moulen, which is north of Gonaïves—that is in the area devastated by Hurricane Jeanne. In this community, dozens of farmers lost crops and topsoil. This Heifer project is a joint partnership with World Neighbors Haiti, a nonprofit organization that works to end hunger through agriculture and strengthening rural groups. Heifer provides these project participants with bean and corn seed and banana and yam plants, as well as training in soil conservation. Fortunately, Heifer Haiti's project participants did not sustain any known losses of livestock during Hurricane Jeanne; however, thousands of other Haitian farmers' stock was lost.

"Our farmer-based tree nursery program, which is included in three different projects, is growing like

the trees," Rudenberg said. "Heifer provides training on tree nursery management; tree seed, including mahogany and cedar; and tools for successful nurseries. In a number of communities, many trees grown in these nurseries are shared with neighbors, and as a result hundreds, possibly thousands of trees, have been planted in communities where Heifer Haiti works, decreasing the likelihood of soil loss on their farms and flooding in communities below."

Heifer Haiti has also helped project participants by providing Dorper and St. Croix rams, which were given to five mountain communities in southern Haiti. These rams were bred with local sheep, and the hardy offspring are distributed through "Passing on the Gift." This breed improvement, combined with improved feed and shelters, has increased production for these farmers.

"Agricultural technicians Noe Fleurant and Altenor Bellune, a dedicated volunteer, have been working tirelessly with the farmer groups of the southern coast, often walking four to five hours to reach them, and this work is paying off," Rudenberg said. "Trees are being planted and hillsides covered with vegetation, and healthier sheep are improving income in these communities."

"Our very dedicated accountant, Marie Laura Jean, works overtime to assure that the resources arrive to this and other projects, and that accurate reports reach Little Rock. We have a very motivated team here in Haiti, including eight volunteers, who are working under the very difficult security and travel conditions to reach ambitious project goals."

JOHN JAMES AUDUBON

THE MAKING OF AN AMERICAN

Richard Rhodes
Knopf
Hardcover, \$30

Reviewed by
Marise Nazzaro
New Media Producer

In this biography, literary prize-winner Richard Rhodes, known for writing on topics such as the hydrogen and atomic bombs, switches his airborne interest to a man whose name is symbolic with bird conservation: John James Audubon.

By Rhodes' account, his subject was a driven, passionate ornithologist who was obsessed with two things: his wife, Lucy, and illustrating birds.

This well-structured book, the first major biography of the famous naturalist in 40 years, is a detailed account of Audubon's hard work, the growth of a nation and a sincere, triumphant story of the Audubon family.

Rhodes, who won the Pulitzer Prize for nonfiction with *The Making of the Atomic Bomb*, captures Audubon's feelings through deft use of his journals, letters and drawings.

Audubon had the great good luck to come of age during the early 1800s, a time in America when birds and clean air were abundant and competing ornithologists were few. "He said he had a particular goal in mind from the beginning," Rhodes writes of Audubon. "He wanted to make art of bird illustration: to bring the birds he drew back to animated life, 'to complete a collection not only valuable to the scientific class, but pleasing to every person.'"

Against the beautiful backdrop of an unspoiled, largely undiscovered America, Audubon created his hundreds of watercolors of America's birds, works that were later collected to be engraved in his masterwork, the multivolume *The Birds of America*.

His life wasn't easy. John James Audubon was born in 1785 on the Caribbean island of Saint Domingue (later renamed Haiti), the illegitimate son of a French sugar plantation owner and a French chambermaid, who died within months of her son's birth.



By the time he was 6, he was living back in France with his father and stepmother. Seeking both business and artistic opportunities, he traveled back to the New World at the age of 18, determined to succeed but afraid the stigma of his illegitimate birth would follow him.

Although Audubon struggled financially, he never let business problems hinder his mission to catalog and draw the birds of America, with one exception—a five-year period during which he stopped drawing. Facing financial ruin, however, he discovered he could make money by drawing portraits and teaching art.

Many of his jobs kept him away from his wife and sons for long periods of time, as he traveled throughout the vast American wilderness. But in Rhodes' portrayal of Audubon, the artist is very much a family man. He tasted liquor for the first time at 23 and logged several entries in his journal about how much he missed his wife. Prostitutes repelled him, but he enjoyed the company of his rich female students.

When Audubon reached England with his drawings, he encountered



rock star-like celebrity. Later in life, Audubon acquired a nose for snuff and a taste for alcohol but was able to overcome those addictions with his family's support.

This 438-page book, though dense with information, gives the reader inspiration and a new appreciation for John James Audubon's work. Although he used a technique to draw wildlife that would be unlikely to meet approval today (Audubon shot, stuffed and used wire to mold his animal subjects into lifelike movement before rigor mortis set in), readers should remember that he was working in an environment of natural abundance.

Exquisite color plates of Audubon's drawings help illustrate this biography. They alone are worth the price of the book.

Audubon's last years were particularly difficult. He lost the middle-distance vision he needed to create his works of art, and in 1847 dementia began to afflict the artist. He died on January 27, 1851, "with his family around him."

Although his drawings are timeless, a number of the birds Audubon brought to painted life are now endangered or extinct. Through his paintings, however, he gave these brilliant birds the gift of immortality, if only in image. They returned the gift, endowing Audubon with the artist's version of immortality—perpetual wonder at what he has wrought.

A GOOD FOREST FOR DYING

Patrick Beach
Doubleday
Hardcover, \$24.95

Reviewed by
Tony Woodell

Heifer Director of Community Relations

Seven thousand dollars. One tree. One life. Not much of the economy, not much of a forest, not much of the population. But on a September 1998 morning the three met in the death of David Chain when a redwood tree he was trying to protect fell on him. The felled tree was worth about \$7,000 in lumber. All are a small part of a big picture.

In a *Good Forest for Dying: The Tragic Death of a Young Man on the Front Lines of the Environmental Wars*, Patrick Beach creates vivid images of the people in this story by using many of their own words. Beach's skills as a feature writer for the *Austin American-Statesman* are apparent. Beach is a Texan, writing about a Texan's death and a Texas corporation in California. A complicated combination of events brings all these forces together to create a book illustrating the interconnectedness of life.

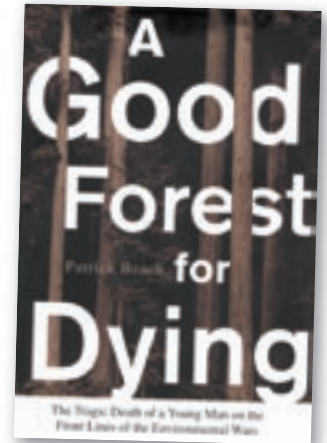
A Good Forest for Dying helps the reader understand the complex feud between logging companies and environmentalists in California. Beach takes the story of the tragic death of David Chain and shows how it was inevitable something like this would happen in the 1990s. A local, family-owned logging company bought out by a big corporation with a different agenda creates the perfect target for environmental activists.

If there is an antagonist in the book, he is the owner of the Texas corporation that buys Pacific Lumber looking for a profit. Beach, however, is careful not to make heroes out of anyone. The book is about real people struggling to find their identity in the context of this turf battle between industry and the environment.

David Chain, fellow Texan, struggles to find an identity and discovers one in becoming a part of the EarthFirst movement. A.E. Ammons, the logger who felled the tree, is struggling with how to make ends meet as a national corporation is squeezing his local company. And finally, David Chain's mother, struggling to make sense of her son's death, adopts her son's cause of saving the redwoods. All are flawed, but because of their flaws, they are real, which draws the reader closer to them.

A reader looking for a manifesto for EarthFirst or a justification for cutting old-growth redwood forests would do well to look elsewhere. Beach's work is highly balanced. He relies heavily on the words of the people involved, and through their own words they come alive, each with his or her own story. Beach weaves these stories together in a way that shows all sides while not stifling the individuality of his subjects.

A Good Forest for Dying is a book worth reading.



Food for Life

The Spirituality of Ethics and Eating

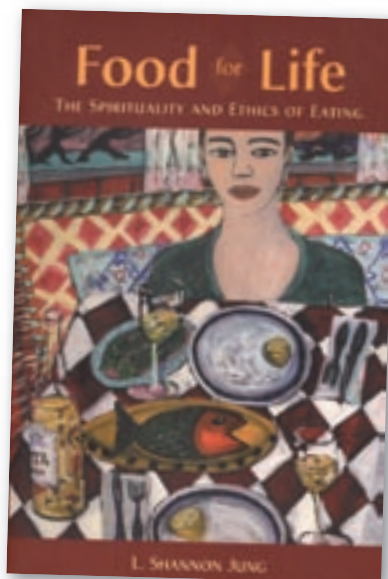
Reviewed by Tashayla Collins

By L. Shannon Jung
Fortress Press
Paperback, \$15

Blessing food—most of us have witnessed this practice at one time or another. A family or community group stands together and gives thanks for a well-prepared feast. Inwardly, some groan at the prospect of standing several minutes while each dish, each cook, farm laborer, strength-giving vitamin and mineral are paid the appropriate amount of respect. Others don't connect with this tradition at all, instead considering a laundry list of tasks to be completed after the time-consuming gathering. For the most part, the blessing or grace falls flat with little meaning or consideration after it is over.

But L. Shannon Jung and the theologians he cites in *Food for Life: The Spirituality and Ethics of Eating* say that the loss of community or corporate appreciation for eating and its spiritual origin exacerbates, even creates, a global food disorder. Busy schedules, industrialized farms and food production, and a consumer culture that is overwhelmingly “buy more for cheaper” are food-related experiences that hinder a true understanding of food and eating.

Jung, director of the Center for Theology and Land and professor of rural ministry at the University of Dubuque and Wartburg Theological Seminary in Dubuque, Iowa, divides this larger



global food disorder into smaller units by addressing human desire or hunger—both physical and mental. The author asserts that Western consumer culture creates a nagging hunger that is improperly fed through buying “more and better,” eating unhealthy diets and distorted self-image.

At the root of it all is a skewed concept of eating. Food consumption traditionally has been a community event. Families harvested, cooked and feasted together. They also celebrated the results of their hard work or mourned their common tragedies together.

Eating was part of a spiritual connection to the land, elements and other people. Essentially, what makes eating good is sharing, not only with family and friends, but also with those we don't know well. This sharing and appreciation of others brings

about contentment or “delight,” as Jung terms it. When sharing and delight are employed, a balance is set. There is no need to hurry or hoard because there is an abundance of time and food. When scarcity is perceived, communities willingly pitch in to make up the difference.

Jung's examination of Western culture, God and eating includes several simple strategies people can use to re-establish their connection with food: 1. Pray and say grace with thought and deliberation; 2. Find a way to share food with others; and 3. Know where your food comes from in order to eat as locally as possible.

Jung sees the church and other community groups as conduits for both education and prevention. What the book lacks is a proper look at other world cultures and their view of food and God, though, to be fair, Jung notes early in the book that his is an examination of eating from a Christian perspective.

Whatever your belief system, perhaps this book will persuade you to buy the fair-trade, organic option on your next trip to the local grocer's, or even invite an eclectic mix of friends and almost strangers to enjoy the grace of unhurried conversation and a well-prepared feast. At the least, it will prompt readers to study their relationship to this most basic of human needs. *Food for Life* is food for the mind.

Tashayla Collins is a freelance writer living in Little Rock.

www.eduweb.com

Reviewed by Sherri White
Heifer Staff Writer

Searching for ways to make learning more fun for children? Whether you are a teacher or a parent, look no further than www.eduweb.com. This award-winning website offers links to engaging interactive games, role-playing and lessons about art, history and science.

With a mission “to create exciting and effective learning experiences that hit the sweet spot where learning theory, Web technology, and fun meet,” eduweb.com provides online learning development services, games, photos, links to other educational sites and numerous online adventures for students as young as kindergartners to high school seniors.

With smooth navigation, you can easily find a new learning experience by subject or grade. The subject matter includes performing arts; natural history; earth and space science; engineering and technology; health and medicine; history; people and cultures; and economics. Students can explore everything from Native American art to aquatic science.

Whether a child needs help with homework or is simply looking for a little fun, eduweb.com has a wealth of information and games that will suit most anyone. The website caters to different learning styles by offering a variety of activities, including role playing, simulation, creative play, puzzles and myster-

ies, and interactive reference.

Through role playing, children can choose characters and make decisions. In simulation, students can determine the effects of their choices on real-life situations. Creative play offers drawing and storytelling activities. Puzzles and mysteries sharpen critical-thinking skills by enabling children to discover clues and determine answers. Interactive reference provides more in-depth information on topics of interest.

Touted by *USA Today* as excelling “at engaging children in unique interactive learning situations,” eduweb.com will keep your children or students captivated by learning all year long.



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\$13 billion a year – that’s what it would take to provide basic health and nutrition needs for the world’s poorest people. Sound impossible?

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- Stories that will engage and educate you about hunger and sustainability.
- Tips you can use to help end world hunger.
- Information about how your gift helps men, women, boys, girls and communities become self-reliant.

Visit us often at www.heifer.org/worldark to see new online stories and learn more about Heifer’s work to end hunger and save the Earth.

THE HEIFER CALENDAR



CERES CENTER

April 29-30

HEIFER HUNGER HAPPENING

United Methodist Church-event for junior and senior high youth.

May 14

PANCAKE BREAKFAST

Community event to teach about the work of Heifer International.

June-August

SERVICE LEARNING

Weeklong "mission trips" for youth groups that include service and learning opportunities.

June 19-24, July 11-15 and Aug. 1-5

DAY CAMP

Hands-on program for children 6-12 that includes farm-type service and participation in cottage industries.

Year-Round

FIELD TRIPS

Learn about Heifer International and the center with a video, cart ride, walking tour and hands-on activities.

GLOBAL VILLAGE

Get a taste of the real world with this overnight experience.

MEETING FACILITY

Have your meeting or gathering "down on the farm" and learn about Heifer International.

HEIFER RANCH

April 4-8

WOMEN'S RANCH HAND WEEK/LAMB CARE

Similar to the Women's Ranch Hand Week/Lambing event but focused on newborn lamb care.

April 8-10

WOMEN'S LAMB CARE WEEKEND

Experience lamb care and learn how gifts of livestock and training can help end hunger.

April 17-22

SERVICE ELDERHOSTEL

Help us maintain our Global Village and other facilities and work with the gardens and livestock.

April 22-24

ENVIRONMENTAL WRITERS' WORKSHOP

Join nationally known environmental writers for three days of writers' workshops and discussions.

April 23

EARTH DAY CELEBRATION

Learn about the Earth and how you can make a difference.

May 1-6

SERVICE ELDERHOSTEL

Same as above.

Summer

SERVICE LEARNING

Educational weeklong "mission trips" for youth groups.

Fall

ADULT WORK GROUPS

Service opportunities for adult groups.

GLOBAL EXPLORERS

Two-day residential program to help meet social studies standards for grades five through eight.

Year-Round

FIELD TRIPS

Learn about Heifer International and Heifer Ranch with a video, hayride and walking tour.

GLOBAL VILLAGE

Explore the real world with this overnight experience.

CHALLENGE COURSE

Learn the ropes about teamwork and problem-solving skills.

"GVR" PROGRAM

A multi-day event that includes the Global Village, challenge course and more.

CONFERENCE AND RETREAT FACILITIES

Relax in the beauty of the Ouachita Mountains.

OVERLOOK FARM

March 5, 12, and 19

PANCAKES AT THE FARM

Come and observe the maple-sugaring operation and enjoy a hearty meal of pancakes and the farm's own pork sausage.

9 a.m.-1 p.m. RESERVATIONS ARE REQUIRED.

April 27-May 6

WOMEN'S LAMBING EXPERIENCE

Three three-night programs to share in the lambing experience and learn more about Heifer and the challenges women face involving hunger.

June 25-26

INTERNATIONAL FAIR

Featuring the Global Village, entertainment and farm-grown food.

July 4-Aug. 26

SUMMER DAY CAMP

Eight weeklong sessions (9 a.m.-4 p.m.) for children ages 7-12.

Year-Round

DAY EDUCATION PROGRAMS

Full- and half-day education programs for groups. These can include opportunities for education or service as well as a meal in the Global Village and a horse-drawn hayride.

MULTI-DAY SERVICE LEARNING PROGRAM

Two- to five-day stays for groups include farm work, sessions on hunger and agriculture, and a Global Village overnight.

FIELD TRIPS

Learn about Heifer International and Overlook Farm with a video, guided tour and hayride.

HEIFER UNIVERSITY

Heifer International offers Heifer University programs to give participants the tools to promote Heifer in their communities. Cost is \$195 per person (includes all meals, lodging, program fees and transportation to and from the airport when necessary).

Contact Rex Enoch at rexenoch@heifer.org or call (501) 889-5124.

March 3-6

Heifer University for Teachers at Heifer Ranch in Perryville, Ark. Focuses on Read to Feed and other Heifer school programs.

April 14-17

HEIFER RANCH, PERRYVILLE, ARK.

June 23-26

RABUN GAP NACOOCHIE SCHOOL, DILLARD, GA.

July 23-31

NAVAJO NATION

Combines Heifer University with a Study Tour of Heifer's work with the Navajo Nation in Arizona and New Mexico.

INFORMATION

CERES CENTER

Ceres, California
(877) 841-7182 or
cerescenter@heifer.org

HEIFER RANCH

Perryville, Arkansas
Ranch Events Office
(501) 889-5124 or
ranch@heifer.org

OVERLOOK FARM

Rutland, Massachusetts
(508) 886-2221 or
overlook.farm@heifer.org

HOWELL NATURE CENTER HEIFER GLOBAL VILLAGE

Howell, Michigan
(517) 546-0249
HCNC@howellnaturecenter.org

All locations are open year-round for drop-in visitors, or schedule a field trip for your group.

Travel

WITH A PURPOSE

Join us on a Heifer Study Tour for a life-changing experience. You'll meet country staff and project partners and learn more about Heifer International's development work.

If you request a specific trip and don't hear from Heifer immediately, it's because the information is not yet available. Information is posted to the website as soon as possible. Those who have made inquiries will be contacted.

2005 STUDY TOURS

AFRICA

ZAMBIA—June 6-18

Tour leader: Margo Smith, Heifer International Southeast regional director, margo.smith@heifer.org.

MOZAMBIQUE—May 15-19

Tour leaders: Terry Wollen, D.V.M., Heifer International director of animal well-being, terry.wollen@heifer.org; Roger Ellis, D.V.M., Heifer Executive Board member, rellis6@adelphia.net

TANZANIA FOR FAMILIES—Mid-July

Ages 12 and older, details to come.

SOUTH AFRICA—August

Tour leaders: Charles Stewart, chairman of the board, Heifer International; Julie McClain, Heifer International planning, evaluation and training assistant.

ASIA

CHINA—September

Tour leaders: Jan West Schrock, Heifer International senior adviser, jan.schrock@heifer.org; Phil West, professor of Modern Asian Affairs, University of Montana; the two, the children of Dan West, will offer their unique insights on this trip.

VIETNAM/CAMBODIA—December

Tour leader: Rosalee Sinn, dansingoat@aol.com.

THAILAND, details to come.

CENTRAL/EASTERN EUROPE

POLAND—May 27-June 10

Tour leaders: Rex Enoch, Heifer International adult education programs, rex.enoch@heifer.org; Phil West.

ALBANIA/KOSOVO—late May

Tour leader: Suzanne Awalt, abicat@vfr.net.

ARMENIA—September

Tour leader: Wendy Peskin, Heifer International Northeast regional director, wendy.peskin@heifer.org.

RUSSIA—September

details to come.

UKRAINE—September

Tour leader: Pat Stanley, Heifer International Northeast community relations coordinator, pat.stanley@heifer.org.

POLAND—October

Tour leader: David Boothby, director of the Midwest Region of Heifer, david.boothby@heifer.org.

LATIN AMERICA/CARIBBEAN

GUATEMALA, details to come.

BOLIVIA, details to come.

PERU—November

Tour leader: Pamela Stone, pamela.stone@heifer.org.

NORTH AMERICA

SOUTH MISSISSIPPI—June 6-8

Tour leader: Nan Enoch, nanrexe@arbbs.net. Camping for children 8 and up with an adult.

NORTH AMERICA/HEIFER UNIVERSITY

The first three nights of the program will be Heifer University followed by project visits.

NAVAJO NATION—July 25-30



Study Tours are a gift from our country staff and project partners worldwide, who take participants into their lives.

Costs and Lengths of Stay

Prices include airfare (except where noted), accommodations, meals and local transportation.

Latin America and the Caribbean

10-14 days, \$2,000-\$4,500

Central and Eastern Europe

10-14 days, \$3,000-\$4,500

Africa

17-24 days, \$4,000-\$6,000

Asia and the South Pacific

14-21 days, \$3,500-\$5,500

North America (airfare not included)

5-10 days, \$800-\$1,500

Please check our website, www.heifer.org, and click on "Get Involved" for the most current information.

Heifer Foundation Honors WiLD Award-Winners

Strong Women Make Strong Projects

You've read a great deal in this issue of *World Ark* about Heifer International's emphasis on gender. Heifer's work toward gender equity includes the establishment of the Women in Livestock Development, or WiLD, program in 1990. Heifer Foundation is honored to annually recognize outstanding participants from WiLD projects around the world. These are women who have embraced their challenges and, with courage, determination and unfailing hope, improved the lives of their families and communities. They are shining examples of Heifer's work.

The seven 2004 WiLD Award winners were recognized as part of Heifer's 60th anniversary celebration held in Little Rock in October. Award-winners receive a cash prize that is divided between the recipient and the project she represents, another "Passing on the Gift" of sorts.

Heifer Foundation maintains a WiLD endowment to support the efforts of these outstanding women and thousands like them who work against

great odds to break the cycle of poverty, hunger and degradation. A gift to the WiLD endowment is a gift that gives for generations; each year, all the income generated by the endowment is made available to the WiLD program.

As we increase the endowment, so too can we increase the number of healthier, happier and more prosperous women and their families. By supporting the WiLD endowment, you can be an integral part of this accomplishment. Please visit our website at www.heiferfoundation.org for more information.

Gloria Todachinnie, United States: Gloria leads a ram exchange project among the Navajo people in Arizona. Her leadership has helped her group, now more than 100 families strong, fulfill its mission of educating Navajo ranching families in the production of livestock and conservation and development of agriculture and natural resources all while maintaining the Navajo traditions and culture. Gloria's efforts have made this project a model for all of Heifer.

Rosemary Tapfumaneyi, Zimbabwe: Rosemary's community of Mashate in Masvingo province suffered from malnutrition, lack of draft power and poor harvests before she organized neighbors and sought Heifer's help. Now, in great part because of Rosemary's efforts, families are working together and have greatly improved the community's food security.

Feliciana Paz Ortiz, El Salvador: Feliciana's husband was receiving training in sustainable agriculture when she became interested and began working alongside him. Together the couple planted trees, improving the eroded and compacted land. Feliciana has learned that women can work the



Photo by Darcy Kiehl

From left, Adushe Ukshini, Ora Bytyci, Awoma Lomo, Gloria Todachinnie, Feliciana Paz Ortiz, Elisa Esperanza Valdes. (Rosemary Tapfumaneyi not pictured)

land and is now sharing her knowledge with others. Her goals are to ensure that her parcel is free of chemicals and to increase her holdings to include goats, rabbits, chickens and ducks.

Awooma Lomo, Thailand: A single mother, Awooma had little means to ensure her son's future until Heifer launched swine and kitchen garden projects in her village in the Mae Ai district in Chiang Mai. She first received 10 piglets, and now has received fish, a corn-grinding machine, a bio-gas unit and fruit seedlings. Elected to the Village Member Committee, which monitors the community budget and looks after the well-being of its villagers, Awooma enjoys helping others.

Adushe Ukshini, Kosovo: An active volunteer for a Heifer project in the Vitia region since 2000, Adushe holds training sessions and works to enhance the role of women working with livestock in her community by including them in all training and Heifer activities. She has also organized exchanges between men and women farmers that have increased the success of the project as well as helped increase the women's self-confidence.

Elisa Esperanza Valdes, Mexico, WiLD Meritorious Award: After graduating from college, Elisa began working with the Rural Development Brigade, helping small producers, giving advice on the management and husbandry of different species and focusing her work on low-income families. In 1997, she organized two groups living in adverse conditions caused by poverty and social exclusion, and applied for Heifer support. To date, Elisa has worked with six different groups representing 42 families. She visits them continually and has built and maintains a special, trusting relationship.

Ora Bytyci, Kosovo, WiLD Staff Award: Ora has been on Heifer's staff in Kosovo since 2002. Since she began working with Heifer, women feel free to come to the Heifer office and talk about the projects. Together with other women involved in projects, Ora tries to emphasize the role of women in society. She has made gender equity and justice for all farmers part of her work. ✍

(Please complete and return this reply form.)

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Little Rock, Arkansas 72203

Finding in Food the Wider World

By Peter Mann

Peter Mann is international coordinator for WHY (World Hunger Year), and editor of *WHY Speaks*. He has helped create the Food Security Learning Center online at www.worldhungeryear.org/fslc.

I vividly remember the moment when I crossed a threshold and entered the world of food. It was at a transition time in my life. I was going through a deep personal loss, and at the same time in the midst of my international development work, I was looking for some kind of home base that would prevent me from burning out and give me hope.

Just at this time, an organization I belonged to in New York City, Just Food, launched a CSA (Community Supported Agriculture) program with Threshold Farm in Columbia County, New York. We were invited to meet some regional farmers and to sign up to buy their produce on a regular basis. I had no clue what a CSA was, but as I listened to the farmer describe his farm, I felt a visceral urge to join. I wrote a check and began my journey.

The first thing I discovered in my CSA was *food*. Of course, I already knew some things about food—my international work was with farmer networks—but now I began to know these things in a new way, from the heart. Every Tuesday afternoon I would go to my CSA drop-off site in a church basement on Broadway to pick up my vegetables for the week. I could smell the fresh basil already when I was outside the door. Leaving the subway and the Broadway crowds, I would descend into a world of tables piled high with mounds of fresh vegetables and fruit.

The seasons changed; spring greens gave way to summer peppers and tomatoes and squash, fall carrots and onions and potatoes. I was learning where my food came from—not from supermarkets but from the Earth. The vegetables from the farm were not always picture-perfect, but they seemed alive.

I learned to cook the food. Well, I had cooked before, but now there was this pile of vegetables I had to take responsibility for. CSA members began to bring recipes from their mothers or grandmothers. We



shared stories of success and failure. We brought dishes to potluck suppers for the whole group. Some of us relearned skills of freezing and drying, and stocked our refrigerators with pesto and tomato sauce and the fall harvest.

I was rediscovering community. I looked forward to meeting CSA members at the drop-off site. People planned farm visits, shared news of upcoming conferences and campaigns, talked about their lives. The core group met to discuss the CSA budget. Deeper friendships formed, and in an age of isolation we built community around the food.

I learned to know our farm. Along with other CSA members, I visited Threshold Farm in Claverack, N.Y., near the Hudson River, between the Catskill Mountains and the Berkshires. We weeded, harvested, camped, star-gazed and enjoyed the hospitality of our farmer. Over the years, we saw how the farm flourished and the soil became more fertile, how the orchards blossomed with apples and pears and peaches, how important it was to the farm when animals were added and became an integral part of the cycle of life.

After the hard work, the sun and rain and food and drink, I sometimes felt in a daze when I got back to New York City. At the same time, the city and the country began to come together in my life. I was learning for the first time that I belonged in this place, the Hudson Valley as our bioregion and food shed, and the metropolis of New York.

Joining a CSA was a healing journey for me, but it also helped me make greater sense of my international work, because the problems of farmers and the needs of communities for healthy, nutritious food echo each other in the developed and developing world. In fact, I feel my journey echoes those of you with Heifer International who hear the call, take that first step over the food threshold and share the gift.



Coffee for a Better World

Heifer International is proud to present Heifer Hope Blend, a Fair Trade Certified™ organic coffee. Many of the beans for this blend are grown by small family farms in Guatemala, where Heifer is providing training in sustainable agriculture. When you buy this coffee, you get great taste and a chance to help Heifer in its fight against hunger. While Heifer provides families with a goat or cow, Green Mountain Coffee Roasters® provides a market for their coffee beans. The result is an economically stronger community and coffee that is grown in an environmentally sustainable way.



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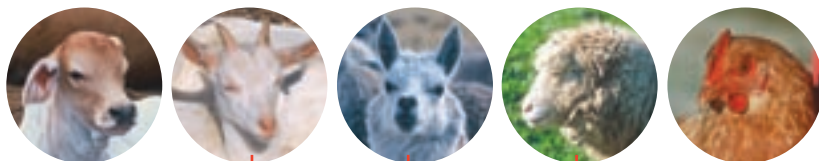
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