

ENDING HUNGER ■ SAVING THE EARTH

WorldArk



NOBEL
Laureate

Wangari
Maathai

THE WOMAN
WHO PLANTS PEACE



NOVEMBER/DECEMBER 2005

WITH INDIGENOUS PEOPLES IN MEXICO	AFTER THE HURRICANES HEIFER PROJECTS WORK TO REBUILD
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Dear Friends ...

By Jo Luck
President and CEO

“Protecting the global environment is directly related to securing peace.”

In this issue of *World Ark* we honor and celebrate 2004 Nobel Peace Prize winner Wangari Maathai, a woman whose tireless crusade for community empowerment and a clean environment has made Kenya a greener and healthier place. Maathai has shown the world that the simple but powerful act of planting a tree can yield lasting benefits for women, families and communities.

As founder of the Green Belt Movement, Maathai has encouraged and organized the planting of trees to prevent soil erosion, preserve biodiversity and protect water quality. Women have been the primary participants, planting more than 30 million trees on farms, school campuses, church yards and public spaces across Kenya. By taking action to improve their own quality of life, these women have found empowerment for themselves and secured a better future for their children.

We at Heifer have admired and supported Maathai's incredible work for decades. In fact, we've worked alongside Green Belt Movement participants in Africa, which is home to Heifer's most extensive network of projects—and some of its oldest. Much of Heifer's model for sustainable development and community-building was piloted on African soil.

Maathai started the Green Belt Movement in 1977 because she realized a healthy environment was key not only to human health, but also to world peace and understanding. When she traveled to Norway to accept the Nobel Peace Prize she explained the connection between a healthy environment, economic well-being and peace.

“Some people have asked what the relationship is between peace and environment, and to them I say that many wars are fought over resources, which are becoming increasingly scarce across the Earth,” she said. “If we did a better job of managing our resources sustainably, conflicts over them would be reduced. So, protecting the global environ-

ment is directly related to securing peace.”

At Heifer we see this link between caring for the Earth, ending poverty and fostering peace again and again as we work with project partners who cultivate livestock, crops and trees in ways that improve soil and water quality rather than diminish it. Fortified by the food and income their animals provide, families are able to pull themselves from the grip of poverty. As project participants “pass on the gift” by sharing their animals' offspring with others—along with their knowledge, resources and skills—an expanding network of hope, dignity and self-reliance is created that reaches around the globe.

Some Heifer projects are designated as official peace projects because they help people in places where war, conflict or tensions are prevalent. But perhaps all of our projects can, in a sense, be considered peace projects.

We feel that Heifer International and the Green Belt Movement are partners in the most important work of our time, the essential work of combating poverty. We lift up Maathai as she lifts up the thousands of people who have joined her in the Green Belt Movement. And we applaud her efforts to show the world the immutable ties among war, hunger and environmental degradation. As Maathai has said,

“Working together, we have proven that sustainable development is possible; that reforestation of degraded land is possible; and that exemplary governance is possible when ordinary citizens are informed, sensitized, mobilized and involved in direct action for their environment.”



PREVIEW

WORLD ARK

November/December 2005

“Quite often happiness, real happiness, for us human beings comes when we go beyond ourselves and we serve others.”

—Nobel Laureate Wangari Maathai



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Cover: Photo by Ricardo Medina, courtesy of Friends of the Green Belt Movement North America

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Q&A, July/August: Would you be in favor of a “congestion tax” on traffic in urban areas, as the city of London has instituted?

I think that the congestion tax is a great idea. Along with that tax there should also be a uniform federal gas tax to be used not for more highways but for a mass transit system. If people want to buy and drive large gas-wasting vehicles, fine, but they should pay for that “right”!

J. Zastrow
Milwaukee, Wis.

Maybe. If the city has a well-developed public transit system that reaches to outlying areas, yes. However, if the city is similar to the one in which I live—Atlanta—no. Atlanta is a sprawling city with a severely underdeveloped public transit system. Charging a congestion tax would only further penalize those who currently commute to the city, and many of those do so because they cannot afford to live in the city.

Nadine Bowden
Atlanta

Yes, the London-style central city tax would be a good idea in the U.S., at some point, in a few places. Unlike London, however, all urban areas in the U.S. heavily subsidize parking, which is the chief generator of vehicle trips. Since it is far easier to stop subsidizing parking than to undertake the complications of charging a congestion tax on moving vehicles, the real

parking problem should be addressed first.

Joel Woodhull
Sonoma County, Calif.

My sister lives in London and I visited her in February. She is very glad about the congestion tax. It makes her plan better when she goes into the designated area, the pollution is definitely better, and it is much easier to get around. And I believe those who come in from outlying areas should help the centers pay for all the infrastructure and the services provided, so I’m very much in favor.

Moya Hambridge
Atlanta

Living Gently

Thank you for another stimulating issue of *World Ark* [July/August 2005]. Great to see Barbara Kingsolver’s “Passing on the Gift” story from Peru and Lester Brown’s thesis that increasing global temperature, population and automobiles are all making arable land more scarce.

As a former Peace Corps teacher in Nigeria, I contribute to the mission of Heifer. The information on pages four and five on wealth and health help to underline the effects of hunger on children and the importance of the well-off giving back to the world that sustains them. But I don’t understand why you

included data on traffic and phones.

As a former staff person in the Sierra Club’s Challenge to Sprawl campaign, I am concerned that the “Hurry Up and Wait” paragraphs on U.S. traffic congestion might influence casual readers to support building more roads.

Instead, we can focus on development and increase funding for mass transit, both proven ways to reduce pollution and to conserve our time, resources and public spending.

We Americans, who are privileged to live in a most affluent country, can learn to live more gently on the Earth. We can become better citizens of this planet, working with other people to reduce extreme poverty and share precious resources.

Frank L. Fox
Mechanicsville, Md.

Editor’s Note: *You raise interesting and valid points. We at World Ark intended the item on traffic to illustrate the rising dependence, in urban areas, on motor vehicles as the primary means of transportation. We hoped to make the point that this trend is expensive, a waste of resources and causes pollution. We did not intend for the information to be interpreted as support for new roads. Perhaps we should*

have included statistics on the benefits of mass transportation, carpooling or other alternatives to address congestion.

The map showing the distribution of phone service around the world was an effort to share with our readers the similarities and differences in lifestyles around the world. We thought that a common denominator like phone use—something we tend to take for granted in the United States—might be an interesting way to do that. We thank you again for your careful reading of the magazine and your thoughtful letter.

Support for Ethiopia

I have a few questions. Do you help the people of Ethiopia? If you do, do you help them the most?

I was inspired when I was waiting for my TV show to come on and watched the last two minutes of *Feed the Children*. It told me that Ethiopia needs help.

World Ark welcomes comments from readers. All letters will be considered for publication; please include a telephone number, city and state so that we may confirm authorship. Heifer International reserves the right to edit letters for clarity, grammar, spelling and space.

The first few times I bought chicks I got the money by picking up pine cones. For each pine cone, I got a penny. Now I work with a friend named Preston Lennon, age 7, who helps me earn money for you.

Donny Ross, age 9
Wilmington, N.C.

Editor's Note: *Thank you very much for taking the time to write. We spoke with Geneti Debia, who works with Heifer's Africa programs and who is Ethiopian himself. He said that while there were no completely Heifer-sponsored projects in Ethiopia right now, Heifer staff members were working with a local organization in Ethiopia*

and that there would soon be Heifer projects there. In addition to these plans, Heifer has projects in many other countries in Africa, including Cameroon, Kenya, Ghana, South Africa and Uganda, where there is a great need for the kind of sustainable development that Heifer seeks to provide. Thanks so much to you and your friend Preston for helping us with our work. People like you are the reason that we can continue to expand our programs around the world and help even more families become self-reliant.

Seeing Is Believing

I was delighted to read the interview with James Tinkamaniyre on page 34 [July/August]. My family and I

met and hosted James for several months in 1995-96. We arranged for him to speak at several churches during the Christmas season so he could share his story of the Heifer cow and how it had changed his family's life. Each time he spoke, the congregation was spellbound by his sincerity and his prayerful gratefulness for the gift of the cow.

When I took James to the airport and hugged him goodbye, he took my hand and said, "Now you must come visit me in my country." I had never traveled overseas, but I thought that if James could do it, so could I!

The next January, I joined a Heifer Study Tour to Heifer farms in Kenya, Tanzania and Uganda, James' country. Meeting the other part of the Heifer family and seeing how amazingly the program works were unforgettable experiences. Everywhere we went we were thanked over and over for the help we had given in the form of livestock.

James, Heifer changes lives here, too, and we volunteers receive far more than we give in time and money. Seeing is believing, and I would urge anyone who can to join a Heifer Study Tour.

Audrey Veath
Barrington, Ill.



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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.

Q & A

Have you ever sought to promote peace within your family, community or another area of your life?

☐ Yes ☐ No

Mail your response and tell us a little about why you responded as you did to the address on our masthead, or e-mail it to worldark@heifer.org.

Keeping It Close to Home

Today's globalization of business means that the old model of "locally owned, locally operated" is in sharp decline. Manufacturing, agriculture and retail have all become dominated by centralized corporations. What are the reasons for us to get back to buying and consuming only what we can produce locally? Frances Moore Lappé, in her new book *Democracy's Edge*, gives us a few.

Local Economies

Features ... and how they make our lives better.

Proximity between producing something and consuming it, especially food, energy and other life essentials	<ul style="list-style-type: none"> • Less fossil fuel used for transportation means less pollution • Time between harvesting and eating is shortened, meaning healthier, tastier food • Supply is less vulnerable to natural or hostile disruptions
Centralized economies no longer able to pit one country's workers against another's	<ul style="list-style-type: none"> • Downward pressure on wages is lifted
Fewer layers of middlemen	<ul style="list-style-type: none"> • More wealth stays in the hands of producers and in the communities where it is created
More direct contact between producers and consumers	<ul style="list-style-type: none"> • Heightens community-bonding and its benefits
Producers and purchasers pay attention to values broader than highest financial return	<ul style="list-style-type: none"> • Makes possible the conservation of water, and the restoration of air and soil quality
Less "sameness," more cultural variety	<ul style="list-style-type: none"> • Enhances pride in place and appreciation of differences

Adapted from *Democracy's Edge* by Frances Moore Lappé, Jossey-Bass Publishers, 2005



**"The only tyrant I accept in this world is
the still voice within."**

—Mahatma Gandhi



Buying Power

You're in the market for, say, a vacuum cleaner. You'd like one that sucks up the dirt well, won't get clogged with dog hair and costs less than a round-trip ticket to Paris. Fine. But did you ever consider buying a vacuum based on the number of women on the board of directors of the company that makes it? No?

A new website, www.idealworks.com, allows you to not only do just that, but to evaluate consumer brands across a slate of socially conscious categories including questionable corporate practices, minority issues, nuclear energy and animal rights. It ranks brands according to the criteria you choose, and explains the reasoning behind each ranking.

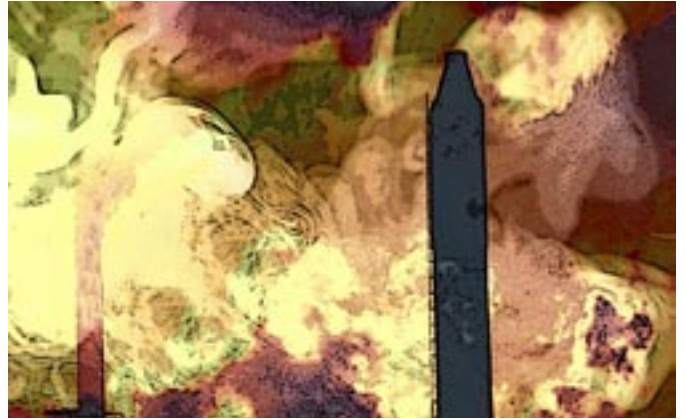
And then you get to make the call. Is it worth more to you that your toothpaste was made by a company that was ranked one of *Fortune's* "Best Companies for Minorities" or that the company has a history of strikes and employee unrest? Idealworks.com is a fascinating behind-the-scenes look at corporate America, warts and all. With a little luck, it will turn into a major source of consumer leverage. So exercise your right to know. (Of course, if you just want a toothpaste with a nice, minty taste, you're on your own.)

Breathing Easier

When Rachel Carson's book *Silent Spring*, about the dangers of the pesticide DDT, was published in 1962, the environment was in a sad state of affairs. Some rivers around the United States were nearly dead, poisoned by industrial runoff (Cleveland's Cuyahoga River, which caught fire in 1969, became the era's poster child), many cities were choked with smog, and levels of pollutants released into the environment were rising.

But around the same time, propelled in part by Carson's book, a new movement to preserve the environment was gathering steam. For the first time, citizens were becoming aware of the long-term ramifications of spending our natural resources like a bottomless bank account. Some 40 years and many pieces of legislation later, the improvements are obvious—and astonishing.

According to the Index of Leading Environmental Indicators 2005, published by the American Enterprise Institute and the Pacific Research Institute, air pollution in the United States decreased again last year, to its lowest level ever. Overall, pollutants released into the environment have dropped by 55 percent since 1988. Also interesting to note is that between 1990 and 2000, forestland in the



United States grew more than 10 million acres, a trend that began almost a century ago. In part, this is because we no longer rely on horses for transportation, and horses required vast tracts of grazing land. But it is also because we have developed cleaner, more efficient ways of heating our homes than burning firewood.

Of course, this doesn't mean the struggle is over. Here and around the world, many environmental problems persist or are growing worse. But when the problems seem overwhelming, we should remember that we have the power to solve them, as we have before. (And today, the Cuyahoga has a thriving riverfront community.)

Feed Your Friends, Feed America

This fall, bake up a storm and help end childhood hunger in the United States by hosting a bake sale in your community. Held from Oct. 16, 2005, to Jan. 29, 2006, the third annual Great American Bake Sale raises money for America's 13 million hungry children. Since 2003, more than 1 million people have baked, bought and sold their goodies, raising more than \$2.7 million. To learn more, and to register to hold your own Great American Bake Sale, please visit www.greatamericanbakesale.org or call (800) 761-GABS.

Making Progress Around the World

In the 1960s, 90 countries were identified as the world's least developed and were targeted for intensive aid and development efforts. Recently, those countries were evaluated again, based on World Bank Statistics. Twenty-five of those countries have made so much progress that they are no longer considered "developing" and have become aid donors themselves, including Portugal, Korea, Taiwan and Singapore. A second group of countries, including the Philippines, Peru, Ecuador and South Africa, has made great strides but still struggles with many issues endemic to developing countries. A third group, which includes Nepal, Sri Lanka and Ghana, has made slow but steady progress, though these countries still house a large percentage of the world's poor. And another 40 countries, many in sub-Saharan Africa, are still desperately poor and rife with civil unrest and remain among our global community's biggest challenges and responsibilities.

From "Making a World of Difference," the Department of Nutrition, Georgia State University



NOBEL LAUREATE

Wangari Maathai

THE WOMAN WHO PLANTS PEACE

By Jan Cottingham

World Ark Editor

Photos by Darcy Kiefel

NAIROBI, KENYA—PROFESSOR Wangari Maathai greets her three visitors from Heifer International graciously and with a broad smile, but her eyes are tired and she looks a little puzzled, as if she's thinking, "Now, just who are these people?" After all, the three of us—myself; Darcy Kiefel, Heifer's photographer; and Crispin Mwatate with Heifer Kenya—comprise just one of several groups of people patiently waiting outside Maathai's office on the 12th floor of a nondescript office building in downtown Nairobi, Kenya's sprawling, frenetic capital. All of us are supplicants in some way, seeking just a bit of her time, a word, a photo, some part of this remarkable woman who until less than a year ago was known primarily among environmentalists and women's rights activists.

Now, though, the woman once denounced by Kenyan President Daniel arap Moi as a "mad woman" is a Nobel Peace Prize winner, the 2004 Peace Prize winner to be precise. She also is Kenya's assistant minister for Environment and Natural Resources. The activist who fought the government has joined the government, and she's having to learn a different way of doing things. And if it's not quite true that everyone knows of her, it's certainly true that millions more do than before the October 2004 announcement of her selection.

Professor Maathai, the "Tree Lady," as some call her, is the first African woman and the first environmentalist to win the Nobel Peace Prize. They are just two, if among the most impressive, of many firsts for this woman who radiates warmth, who, as she begins to answer questions, shakes off whatever fatigue she may be feeling and, gathering momentum as she speaks, energizes herself as well as her small audience, gesturing, laughing, glowing with purpose and life. Only five days from today, she will be addressing fellow Nobel Peace Prize winners Nelson Mandela and Desmond Tutu, as well as former President Bill Clinton, as

she delivers the third annual Nelson Mandela Lecture in Johannesburg. That she is even taking any time at all to talk to us is an indication that what those who know her best say is true: Winning the Nobel has not changed her personality. She has remained genuine, open, a woman of the people.

Maathai is a strong woman who has had to be strong, who has faced conflict bravely and whose very selection as a Nobel laureate generated controversy. Why, some asked, did the Nobel Committee select a woman best known for founding the Green Belt Movement, a nonprofit grassroots organization that focuses on environmental conservation, primarily through planting trees, to receive this highest of honors—the Nobel Peace Prize? What, these people asked, do trees have to do with peace?

It's a question that we will ask and she will answer, but first things first. We have 20 minutes to talk with Maathai, her assistant tells us, hurriedly ushering us into the professor's office. I have come from Little Rock, Ark., site of Heifer's headquarters, with a few small gifts, which I fairly fling at Maathai in a rush. The most meaningful of these, at least for me, is the arrowhead from my family's farm in western Arkansas, one of dozens found over the years by my part-Cherokee father, who died a year ago at 85. And it is indeed the arrowhead that sparks Maathai's interest. Wangari Maathai comes from the Kikuyu tribe or "micro-nation," the term Maathai is said to prefer, one of 42 in Kenya and, along with the Luhya, the largest. I explain that we have tribes in the United States too, Indian tribes, although, as Jeffrey Sachs, head of Columbia University's Earth Institute, wrote in the *Sunday Times* of London, we are all Africans—genetically, geographically, some of us staying in the continent of our origin, others wandering until we populated the planet.

"Ah, this is wonderful," Maathai says in her lilting East African accent, fingering the small but beautifully formed

arrowhead. “You know, we just stopped in Philadelphia. There was this concert. It was fantastic.” Maathai’s daughter, Wanjira, had told us in an interview the day before about the music and dance performance by Native Americans and how much she and her mother had enjoyed it.

Mindful of how little time we have, I find myself saying, “I hate to be so rushed, but let’s get to it,” meaning the interview. “Let’s get to it,” Maathai agrees, nodding her head.

“Please explain the relationship between planting trees and peace.”

It’s a relationship she’s had to explain many times. It’s a relationship that the Nobel Committee explained this way: “Peace on Earth depends on our ability to secure our living environment. Maathai stands at the front of the fight to promote ecologically viable social, economic and cultural development in Kenya and in Africa. She has taken a holistic approach to sustainable development that embraces democracy, human rights and women’s rights in particular. She thinks globally and acts locally.”

The Farmers’ Daughter

This outwardly gentle woman, a daughter of farmers, has endured what has come to seem a rite of passage for many Nobel Peace Prize winners: scorn, ostracism, beatings, death threats, imprisonment. She has had to spend time in hiding and to move around the country in disguises. Some of her colleagues have been killed. None of this horror seems to have registered on her round, shining face, a face serious when discussing issues but always on the verge of a wide smile whenever her eyes meet those of another.

Wangari Muta Maathai was born in Nyeri, Kenya, on April 1, 1940, the daughter and third child of Muta Wanjugu and Lydia Wanjiru Muta. Nyeri, about 60 miles northeast of Nairobi, lies in the fertile Central Highlands area of the country, in the foothills of the Aberdare Mountains.

The area is among those known as the White Highlands for the European colonialists who came to the region in the late 19th and early 20th centuries to farm, planting coffee and tea. It was made famous to non-Africans by writer Isak Dinesen, author of *Out of Africa*.

Her eldest brother, Nderitu, suggested to their Catholic parents that Wangari attend school, unusual for a girl in Kenya at that time and still something not taken for granted in that country. Taught by Irish and Italian nuns, Wangari excelled in school, and, through the efforts of the Kennedy Foundation and other groups seeking to help prepare African nations for independence by educating potential leaders, she received a scholarship to Mount St. Scholastica College (now Benedictine College) in Atchison, Kan. Maathai has said that early on she found she had an affinity for the sciences, that she enjoyed studying the links between causes and effects. She graduated from Mount St. Scholastica (where she was known as Mary Jo) in 1964 with a degree in biology. She then entered the University of Pittsburgh, where she earned a master’s degree in biological sciences.

Maathai has told interviewers that the more than five years she spent studying in the United States during the throes of the civil rights movement was a formative experience. Maathai, an African woman, saw the fight for equal rights for African-Americans as a demonstration of the power of activism and the power of democracy, or as she prefers to call it, “democratic space.” “I internalized a lot, the need for freedom.” In a speech last year at Columbia University in New York, Maathai told the audience that “I can sincerely say that my coming to America was a great opening of the eyes for me. It gave me a completely different horizon, a different perception, and it gave me some values that I have tried to share and it really made me who I am.”

In 1969, Maathai married businessman Mwangi Maathai, an aspiring politician. In

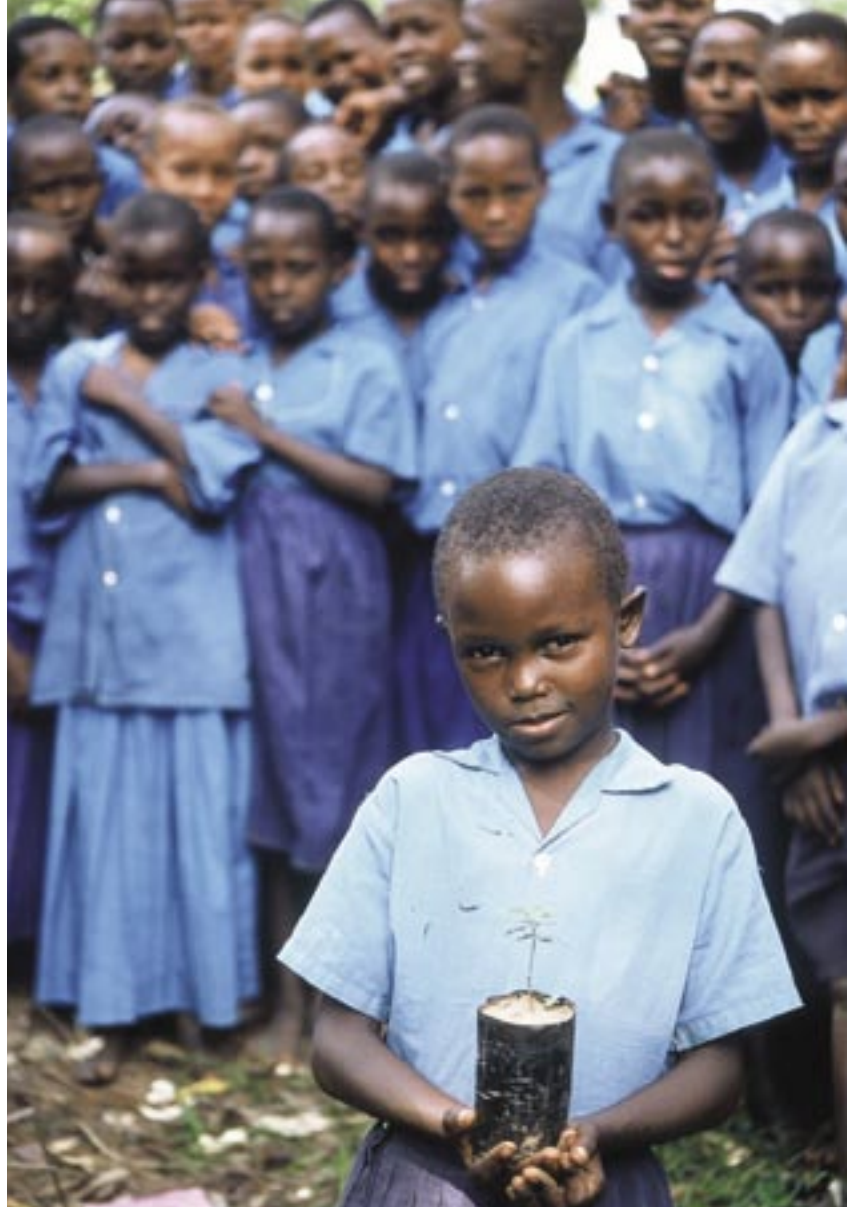
1971, she received a doctorate in veterinary anatomy from the University of Nairobi, where she eventually became department chair and later an associate professor. She was the first woman in East and Central Africa to earn a Ph.D., as well as the first woman in the region to head a university department and teach at a university.

Maathai didn't become involved in deforestation issues until 1974, after her husband decided to seek a seat in Kenya's Parliament. By his side during the campaign, Maathai listened to the concerns voiced by Mwangi Maathai's prospective constituents in Langata in the Nairobi province. She saw a pattern in the problems expressed, particularly by the women. The main difficulty: no jobs. Politicians promise jobs. Wangari Maathai suggested a tree-planting project.

In her book *The Green Belt Movement: Sharing the Approach and the Experience*, she writes: "Perhaps because I was naïve, I took the political promises that we made to the voters seriously and agonized over finding ways to have them fulfilled, especially if we won the elections."

Maathai's husband won. Now, she thought, it was up to her to fulfill his campaign promises. She formed a private company, Envirocare, based in her home, to hire residents to, among other things, plant trees. Envirocare, lacking capital, eventually became defunct. During this time, however, Maathai had become involved in the environmental movement in Kenya and with the National Council of Women of Kenya, which serves both urban and rural women. The members' complaints included malnutrition, the necessity of walking long distances for water, depleted and eroded soil leading to an increase in desert-like conditions, lack of wood for cooking fires and construction, lack of fodder for any animals that they might be lucky enough to own and, of course, lack of jobs and income.

Maathai, the scientist, saw these as symptoms and looked past the symptoms for the



Rosi Ngei, 10, stands in front of her classmates at the Magedi School. The students have been learning about the efforts of the Green Belt Movement.

disease. The disease was environmental degradation, deforestation. She proposed to the council a tree-planting project. Trees prevent soil erosion. Trees could protect water sources. Trees could provide fuel and building material. Fruit trees could provide food. Trees could provide fodder. Planting trees could provide jobs and income.

She suggested calling the tree-planting campaign Save the Land Harambee (*harambee* is Swahili for "let us all pull together"). And on World Environment Day, June 5, 1977, Maathai and others in the campaign and in the government planted seven trees in Kamukunji, a park on the outskirts of Nairobi. What would become the Green Belt Movement was born, and Wangari Maathai had embarked on a journey she couldn't have imagined.



Musyoka Ngutway (left) and Mr. Masoka, of the Amkeni Youth Group, work together spacing seedlings.

“People Fight Over Resources”

When you look at many of the conflicts that we have—and even in this country you can see those conflicts in the newspapers right now—people fight over resources,” Maathai tells the visitors to her office this July day. “It is either because the resources have become extremely degraded and therefore they are very scarce or they have disappeared and people get into a conflict.”

We would not realize it for several hours, but Maathai’s words were particularly, and tragically, timely. That very day in Marsabit, a village in Kenya’s northern frontier, raiders had massacred scores of villagers—the toll would eventually rise to at least 95—in violence spawned by conflicts over scarce arable land and even scarcer water.

“And on this continent, we have many, many examples of such and especially between grazing communities such as pastoral communities and farming communities,” Maathai says. “Even at a global level or even at a national level, many wars are fought over resources. So I think that when you think seriously we can see that if we were to be able, if we were to accept as a human family to manage our resources more

sustainably, more responsibly, more accountably, if we were to agree to share them more equitably, we would be able to reduce conflict.”

“Now to be able to manage our resources in that way and to share them in that way, we need democratic space, a space which respects the rule of law, a space which respects our rights. And such a space is often not available in areas where we have conflict, where we are either dealing

with dictators or we are dealing with absolute rulers or we are dealing with people who do not want to respect the rule of law.”

Facing Down the Government

Professor Maathai, as she is usually called, knows something about dictators, as does all of Kenya. As leader of the Green Belt Movement, she came into frequent conflict with President Daniel arap Moi, Kenya’s president from 1978 to 2002. In 1982, under Moi’s leadership, Kenya became a one-party state.

The Green Belt Movement sought not only to establish “green belts” of trees throughout Kenya; it also fought the increasing privatization and destruction of Kenya’s forests. The country’s forests faced threats from several directions. Powerful elites engaged in unrestricted logging or clear-cutting for development. Tree farmers replaced indigenous trees with non-indigenous, sometimes invasive species that grew quickly and could be harvested for income. Poor Kenyans raided the forests for fuel and building material. Landless, often desperate citizens cleared the forests to grow crops. And the government either looked the other way or even assisted its cronies.

Corruption was rampant.

One famous conflict involved Maathai leading a protest against the government's plans to develop Uhuru Park, the one large green space in the center of Nairobi, a city of about 2.5 million people dispersed among high-rise concrete office towers and sprawling slums of tin-roofed shacks.

Moi's business associates planned to build in Uhuru Park (*uhuru* means "freedom" in Swahili) a 62-story skyscraper, a development to be graced with a 60-foot statue of Moi himself. The complex of buildings was projected to cost about \$200 million. Professor Maathai opposed it not only for environmental reasons but because of its enormous costs.

Moi was furious. He said the development's opponents, many of them women, had "insects in their heads." He called Maathai, who had joined in the legal action against the development, a "mad woman" and said the Green Belt Movement was "subversive" and a threat to the order and security of the country. Green Belt Movement members were denounced as "ill-informed divorcees." But Maathai prevailed, and the project was abandoned.

It was not the first time, nor would it be the last, that Maathai's gender became an issue. Her husband had divorced her in 1980, famously saying that she was "too educated, too strong, too successful, too stubborn and too hard to control."

Professor Maathai's daughter Wanjira Mathai (who spells her last name differently than her mother) is one of her mother's closest aides and the international liaison for the Green Belt Movement. Wanjira, 32, with master's degrees in public health and business from Emory University in Atlanta, shares her mother's smile, joyful demeanor and intelligence. She describes her upbringing as happy and loving. It seems that whatever rancor may at one time have existed between Wangari Maathai and her ex-husband, they never took it out on their three children, Waweru, Wanjira and Muta.

Wanjira says of her mother, "She never, ever said one bad thing about him [her father]. She always made sure we saw him." This equanimity seems consistent with Professor Maathai's character. In interviews, though she notes the special vilification reserved for her as a woman standing up to men in a deeply conservative culture (President Moi was quoted in 1992 as saying that it was "un-African and unimaginable for a woman to challenge or oppose men"), she expresses it matter-of-factly, with a sort of resigned "what can you expect?" attitude. Referring to the controversy over Uhuru Park, Maathai told *The New York Times* in 1989: "They can't stand a woman who stands up. I'm being seen as an arrogant woman because I dare to object. I call them arrogant."

Written in Blood

During the late 1980s and early 1990s, Kenyans, seeing the democratic revolutions of Eastern Europe, grew restive under Moi's autocratic regime and began calling for a multiparty democracy. Hundreds of people were arrested, some were tortured, some received long prison terms, and some were simply held without charge. In 1991, Moi agreed to permit other political parties, and elections were held in December 1992. The president and his party retained power, but opposition groups won almost half of Parliament's seats.

In the middle of this, in March 1992, mothers of the political prisoners organized a hunger strike and requested Professor Maathai's support. The women, most of them in their 60s and 70s, marched to Uhuru Park, where they remained, demanding that their sons be released. In an effort to force the unarmed women to disband, on the fifth day of the strike the police attacked the encampment, firing tear gas and beating the women. Maathai was knocked unconscious and spent a week in the hospital.

In response to the violence, some of the women stripped naked in a traditional



A tree towers above the Green Belt Movement Learning Center, where groups receive training in the benefits and techniques of reforestation.

African reproach to those clubbing them. For a mother or elderly woman to expose herself is a taboo, one that some believe brings on a curse. It was the only way the women could think of to defend themselves. (It is still remembered in Nairobi with shame. A male cab driver, on learning that I was to interview Professor Maathai, flashed a smile, praised her courage and expressed pride in her achievement in winning the Nobel. He also pointed in passing to Uhuru Park and, speaking in tones of both sorrow and admiration, recounted “the day that the old women exposed themselves.”)

The hunger strike and protest continued, however, this time in All Saints Cathedral. After she was released from the hospital, Maathai rejoined the other women. Finally, in early 1993, the hunger strike ended. Fifty-one out of the 52 political prisoners had been released.

For protesting illegal logging, Maathai has been arrested numerous times, received death threats and once, with her children, had to flee to Tanzania. In 1999, while she was replanting a forest illegally cut down by property developers, security guards beat her. She signed the police report in her own blood.

The Three-Legged Stool

In December 2002, Kenyans elected as president Mwai Kibaki, a member of the opposition party the National Rainbow Coalition, who ran on an anticorruption platform, and President Moi finally stepped down. Maathai was elected to Parliament with 98 percent of the vote, one of 18 women elected to the 222-member governing body. The next year, Kibaki appointed Professor Maathai to his cabinet as assistant environmental minister. The outsider had become an insider. (Despite Kibaki's election, corruption remains a problem and reforms have been slow in coming.)

Over the years, Maathai's activism had grown to include issues other than the environment: human rights, women's rights,

The Green Belt Movement, like its founder, Wangari Maathai, focuses on much more than trees, though they are essential to the success of the nonprofit organization as well as serving as powerful symbols of its mission.

Kenya is a predominantly rural, agricultural country that also relies heavily on tourism. The health of its economy and its people depends on the health of its environment. Kenya's environment faces threats from deforestation, which is contributing to the degradation of the nation's soil and the depletion of its water resources. Statistics vary, but some experts say that as much as 90 percent of Kenya's natural forest cover has been lost over the past century. As Kenya's forest cover shrinks—through clear-cutting, illegal logging and development—so do the habitats that shelter its abundant wildlife. As habitat disappears, so do the wildlife and the wide variety of plant life, putting the nation's incredible biodiversity at risk. Although only 2 percent of the landscape is forested, these forests are home to 40 percent of Kenya's mammal species, 30 percent of its bird species and many indigenous people who survive through hunting animals and gathering food plants. Deforestation and other forms of environmental degradation are linked to hunger, poverty and malnutrition.

Although it began as a job program, paying poor rural and urban women to raise and plant tree seedlings, it evolved into a much more holistic movement. The Green Belt Movement seeks, through the grassroots efforts of its participants, to educate, strengthen communities, provide food, fuel, building material, green spaces, income and jobs, increase health, preserve and enhance Kenya's rich environment and indigenous plant and animal species, protect and restore water catchment areas, and give the poor, particularly women, opportunities to develop their skills.

Under Maathai's leadership, the Green Belt Movement has assisted in the planting of more than 30 million trees on both public (schools, churches, parks) and pri-

30 MILLION TREES AND COUNTING

The Green Belt Movement

BY JAN COTTINGHAM
WORLD ARK EDITOR

vate lands. The Pan African Green Belt Network was established in 1986, and tree-planting programs have spread to several other African nations, including Tanzania, Uganda, Malawi, Lesotho, Ethiopia and Zimbabwe.

The movement has educated millions in the link between a healthy environment and sustainable development. In 1997, the GBM began conducting Green Belt Safaris to expose people outside of Kenya to the organization's community-based approach to conservation and to help raise money for the movement, in an effort to make the program financially self-sustaining. Despite the recognition it has received and its many major international awards, the organization has had to struggle financially throughout its history.

The Green Belt Movement program works like this: Kenyan citizens, often women, raise seedlings and for every seedling that is planted on public land and survives, they receive five Kenya shillings (seven U.S. cents). Participants also can earn income from planting trees and then harvesting them, whether for fuel, building materials or food, as in fruit trees.

The GBM has a nine-acre learning center in the Nairobi suburb of Langata where, in a lush Eden-like setting, visitors can stay and learn more about the GBM's projects and processes. On arriving at the learning center, the first thing a visitor notices is a chorus of birdsong. The second is the huge variety of colorful blooming trees and shrubs, bougainvillea, jacaranda, kai apple and acacia. And the third, scores of butterflies fluttering across the verdant landscape. After the crowds, noise and grit of Nairobi, the learning center, with its simple but comfortable, tidy cottages, looks like heaven. The center, which contains a tree nursery and a demonstration garden, can also accommodate overnight guests.

Wanjira Mathai, Professor Maathai's

daughter and international liaison for the Green Belt Movement, says in an interview at the compound that she expects the movement to expand not only in Kenya but throughout the world, based on the number of requests from other nations for information on how to establish Green Belt Movements. Maathai has established a foundation, and Wanjira believes one of the foundation's roles will be to inspire other countries to establish green belts, "because the core of the Green Belt Movement is really about empowering local people to take charge of the environment. Tree planting is the action, is the symbol, is the focus. But the actual transformation is in the individual."

Professor Maathai herself, interviewed the following day, when asked how the GBM had changed since she received the Nobel, says: "Well, it has received a lot of attention. We have received many, many people who want to know more about it. It's amazing, perhaps, because we are in Africa. It's amazing that for 30 years we have been working here and many people didn't know we existed. We have been working with very little money. We still have very little money. ... That's one of the objectives we have is to try to fundraise, so that we can respond to the enormous amount of requests that I'm getting from people who want to be involved."

Several days later, we visit a Green Belt Movement project in the village of Kiranga, in the Coast Province of Kenya, whose capital is Mombasa on the Indian

Ocean. Ruth Kavata Mbondo is a GBM volunteer assisting the Muongo Wa Nyayo women's group. The group has 14 members, 10 women and four men, all of them farmers. They are raising seedlings both of indigenous trees, such as msonobari and neem, and the casuarina, a fast-growing tree harvested for sale to the many hotels and resorts in the region, which use them for roofing. After the seedlings reach the planting stage, the group distributes them to schools, public lands and for planting on the members' own small farms.

Sarah Mutuvi, 60, and the mother of four, says that her work with the GBM makes her feel united with the other members of the group and that she appreciates being able to plant on her own small plot of land some of the seedlings the group tends so carefully. "When we plant the trees, we hope to be able to attract rain here," she says. Both Mutuvi and Anna Kaloki, 23, and the mother of two, say that the income earned from the sale of seedlings allows them to send their children to school and that the project, begun in January 2004, has given them a kind of peace. As a group, Mutuvi says, they are stronger than they would be as individuals. "When you are alone, there are many things you can't do."

Both Mutuvi and Kaloki—and indeed every GBM project participant we meet—agree they would like to meet Wangari Maathai. They have heard that she has won a prize for her work.

LEARN MORE

The Green Belt Movement: Sharing the Approach and the Experience,
by Wangari Maathai, published by Lantern Books

The Green Belt Movement, www.greenbeltmovement.org

Friends of the Green Belt Movement North America, www.gbmna.org

The official website of Professor Wangari Maathai, www.wangarimaathai.or.ke

The Wangari Maathai Foundation, www.wangari-maathai.org

The Nobel Peace Prize, www.nobelprize.org/peace/laureates/2004



good governance and peace. From the start, however, the Green Belt Movement had emphasized community-building as integral to its mission. Asked this day in 2005 whether community-building helps lead to democracy, Maathai makes use of one of her favorite metaphors: the traditional three-legged African stool. The image of the stool illustrates the holistic nature of Maathai's years of work. It was this holistic approach that the Nobel Committee recognized as creating an atmosphere in which peace could be achieved.

"If communities would manage their resources," she says, "in a way that they can respect the rule of law and they can respect each other, we would have fewer conflicts, and it is to that extent that the environment becomes one of the pieces in the puzzle. The three things, or the three pillars as I like to call them, are very linked. It is not as if you can deal with one and not the other. In fact, I have been using the three-legged stool, the traditional African stool."

The three legs of the traditional African stool, she says, holding up a wooden carving of a miniature stool that rests on her desk, "represent the environment, democracy and peace." Lacking any of those "legs," the stool cannot stand; it cannot provide support. For Maathai, the seat of the stool represents "development, because the citizens who occupy that space feel secure; they can create; they are sitting on a secure base. ... That to me is the relationship. And I think that is the linkage that the Norwegian Nobel Committee saw.

"When I first started I didn't start with that understanding. ... I started with a very practical response to the problems that the women were identifying and explaining. But as I developed, as I got engaged, as I worked with these women more and more, I began to understand how the environment, when it is degraded, it impacts negatively on many other issues. I also came to understand that for the environment to be properly managed you have to have good governance. You have to have people who promote the right policies, who do the right things for the environment."

We ask if, now that she is part of the government, her approach to her work has changed.

"No," she says, "my approach to my work has not changed. But I'm really challenged being in the government. ... Those of us who have been working in the civil society, we move fast, we make decisions fast, we want to see change quickly. In the government, things unfortunately work extremely slowly. ... But I'm very happy to be in this government because this is a government that we all participated in bringing to power, and so in many ways it's good to be able to say this is what we can do rather than be shouting to tell people what they should be doing."

We wonder aloud what has kept her going, in the face of all the obstacles—derision, beatings, arrests.

"I think it was a realization that what I was doing was right. And I think I'm greatly assisted by the fact that I had this education, and I had this education especially in the sciences, and the training you get in the sciences is to look for reasons, not to just deal with the symptoms. And so it has always been very typical of me to want to find out, Why do you think this person is against what I am doing? And so I realized pretty early that I was actually on the right track and that the people who were obstructing me were not doing it because they loved the environment or they cared about the resources or they cared about the

Josephine Mugo, of the Green Belt Movement Learning Center, holds a seedling used for demonstrations of their work.

people—they were doing it because they were corrupt, they were selfish, they were greedy and they didn't care. So that actually gave me the reason to continue. I just felt that because I understand, I guess I'm the one who has the responsibility."

In her book *The Green Belt Movement*, Maathai said that she began looking for God within herself. We ask her now what she has found.

"God is in all of us. As Christians we are trained to think of God as some other person. We actually talk to God as if He is another person and relate to God as if He is another person. But a piece of God is in all of us, and perhaps what we call God will become the consciousness that is all of us. I've no clue," she says finally, laughing. "But all of us have that voice in us, that goodness in us."

All of us have that goodness?

"All of us have it. You may not use it or you may not discover it, but all of us have that reflection."

Our session with Professor Maathai is winding to a close. Though brief, our time with her has felt less like a perfunctory interview than like the beginning of a long, rich conversation with a remarkable teacher. We hurry to ask one or two more of the questions her answers have raised. What words of encouragement does she have, for anyone really, but for women in particular, women in any country who aren't respected, who are not given a place in the community?

"Well, I think it is very important for us to understand that until we get to heaven, I guess, life will always be a struggle. Life is a struggle whether you are living in a very industrialized country, very rich country, or if you are living in some of the most desolate places on Earth. Ask anybody in the industrialized countries and they will tell you life manages to give you challenges wherever you are. So the important thing for us is to take advantage of the opportunity that life gives us and try to use those opportunities to improve our own life and,

if we can, to also help to improve the life of others."

She reflects for a moment, and then says, "Quite often happiness, real happiness, for us human beings comes when we go beyond ourselves and we serve others. Real unhappiness quite often is found in people who are too preoccupied with themselves."

Legacies

Now in a rush, we beg just a few more minutes of Professor Maathai's time so that photos can be taken. She patiently allows us to position her so her face catches the hazy steel-gray light from the window, to hold up various tarps and sheets in an effort to find a background that will conceal the utter banality of the government office in which she works. We give her props to hold. She holds them. She good-naturedly laughs when the candle we've handed her flickers out and we, our hands shaking, try to re-light it.

My Heifer colleagues and I have never met a Nobel Peace Prize winner before, let alone interviewed one or photographed one. Meeting her has been a tremendous experience—and it has nothing to do with her being a Nobel laureate. It has everything to do with who she is. She has given us her time and, graciously, thoughtfully, a sense of who she is, an insight into her grit, stubbornness, intelligence and plain, untempered hope. In a meager exchange for this, I have given her my father's arrowhead. This tiny bit of flaked stone is not a Nobel, but Wangari Maathai, the Tree Lady, has instinctively recognized both its beauty and its worth. It couldn't be in better hands.

She thanks us for visiting her. And she means it. 🌿



Carolina Aguilar visits with her mother, Teresa Aguilar, in Taxipehuatl while she crushes corn to make tortillas for her family. Teresa helps her daughter care for the household because Carolina's husband leaves for months at a time to find work in the city.



The Power of Tradition

Mexico's Indigenous People Reclaim Their Dignity

By Sherri Nelson
Heifer Staff Writer

Photos by
Darcy Kiefel
and Sherri Nelson

CUETZALAN, MEXICO— in the tropical mountainous area of the Northern Sierra region of Puebla, Mexico, lies Cuetzalan, a picturesque market town growing in popularity for ecotourism and cave exploration. Steeped in Totonac and Nahuatl cultures, Cuetzalan is known for its cobblestoned streets filled with in-

igenous and mestizo people selling their handmade goods, vegetables and tropical flowers to locals and foreign tourists. A 19th century Renaissance-style cathedral towers over the town square, a sentinel professing the historical importance of this colorful community.

Traveling higher into the mountain villages, the charm of Cuetzalan fades

into the background, and a palpable air of poverty hangs over the hillsides where the indigenous people of this region have made their homes. Their challenges are many, their resources few. Most have no electricity or running water, and many homes are shoddily built with readily available materials. In a day-to-day struggle for dignified survival, many families in these communities face more than the hunger that gnaws their children's bellies; they live in fear of losing the traditional knowledge and culture of their ancestors.

For more than a decade, Programa de Apoyo Nutricional A.C. (PROAN), a local nonprofit organization, has worked with the indigenous people of the Cuetzalan region. Co-directors Emma Flores Galvan and Angeles Bordas Torres have helped women in 20 communities build support systems, which include seven headquarters where families can attend classes that are closest to where they live. In addition to emergency food assistance, PROAN provides medical care, school fees for children, cooking classes and agricultural training.

"One of the major problems in these communities is that the poorest families are marginalized. We work to ensure these families get the long-term support they need," Galvan said.

Through a partnership with Heifer International, 50 families in PROAN's program received chickens and animal management training. Both organizations are working to help indigenous families become self-sufficient and to recover and preserve the traditional knowledge of their people.

"These families are trying to keep their language, environment and culture alive. With all their hard work

and dedication, they still face such horrific problems with poverty and malnutrition," said Alejandro Lopez Musalem, director of Heifer Mexico. "We must show the world that we can all learn a lot while gaining a better understanding from our indigenous people—especially the women, because they have knowledge and understanding of food issues, their environment and medicinal plants to help their families and children."

Relearning the Old Ways

Vivian Guzman lives in the community of Taxipehuatl with her husband and son. They have a small concrete home with a tin roof, a modest backyard garden and chickens provided by Heifer. Her son, Jose Guadalupe, suffers from frequent upper respiratory infections.

"PROAN has helped me with my child. They provided doctors who checked his height and weight," Guzman said. "My son received the checkups he needed for his health. PROAN also provided cooking workshops, where I learned about nutrition and healthier ways of cooking. I now know which foods provide the best nutrients."

Guzman lamented losing the traditional knowledge that had sustained her ancestors. "Since I've become a member and started

going to trainings, I've learned more about the traditional foods of my people. We are reclaiming our traditional knowledge of foods and medicine. We are recovering this information and taking advantage of the years of experience of our grandparents and their traditional remedies. We are trying to restore this knowledge by working with a doctor who knows the traditional ways."

A group of PROAN promoters, indigenous women specially trained to teach local families about nutrition



Oscar, Juanito and Diana Ramos of Xiloco enjoy caring for the family's egg-laying chickens, which provide a much-needed source of protein for their family, one of the poorest in the community.



heal my son, I started using the traditional medicines for him,” Guzman said. “Whenever he gets a cough, I make a tea with the flower and cinnamon and it makes him better. I don’t use the conventional medicines anymore.”

Carolina Aguilar lives in the same community as Guzman, and participates in PROAN’s program too. She has four children: two daughters, 12 and 9, and two boys, 7 and 4. Aguilar fears younger generations are quickly losing touch with and pride in their indigenous heritage, a situation exacerbated by a lack of employment that drives their young people to low-wage jobs in the city.

“When our indigenous people go to other places to work, we face wage discrimination,” she said. “Many of our younger generations leave the community because there is no work or money here. They do not want to work in the fields. When they return from the cities, they have lost their cultural identity and are ashamed to speak their native tongue,” Aguilar said as she cast a hopeful glance toward her youngest son, Berna.

our tradition of working in the fields with our hands and living with our culture. If you dedicate yourself, you can live on culture, tradition and our land.”

PROAN promoter Ernestina Cruz agreed with Aguilar. “New generations are leaving the community because they can’t find jobs, especially those who study. They think ‘I didn’t study to continue to do field work.’ Whenever we get land to work, it becomes a problem because there is no one around to help. When young people leave for the city, they lose their indigenous identity and change their way of dressing. They become ashamed of speaking Nahuatl and stop speaking to others in our community.”

Leaving for Jobs

As families struggle to maintain their indigenous traditions and cultures, another problem continues to tear families apart—lack of employment. Many fathers, and often mothers too, leave their families to work in the city and send money home. Migration has spawned a generation of single-parent families, often headed

“Many of our younger generations leave the community because there is no work or money here. They do not want to work in the fields. When they return from the cities, they have lost their cultural identity and are ashamed to speak their native tongue.”—Carolina Aguilar

She smiled as determination spread across her face. “PROAN and Heifer are working with the younger children and showing them the beauty of our tradition. With projects like this one, I hope our children will stay here, work in the fields and not move to the city. We must keep interest in

by mothers or grandmothers. Carolina Aguilar’s family is one of many single-parent homes in her community. Her husband migrated to Puebla, where he works and lives at a construction site. He visits home only one or two days a month because he cannot afford the bus or taxi fare.

and health issues, helps women like Guzman. Promoter Jacqueline Posadas explained that Guzman’s situation was like many others in the community.

“The people here started using modern medicines that are more expensive. Some doctors would tell us that conventional medicine would heal us better and faster. For example, they would give us a pill for a headache, but then we would get stomachaches,” Posadas said. “The costs of those medicines were a burden for our families. And the cost of transportation to town to see a doctor was also a problem. We now are relearning which plants are best for remedies. We are growing them and now we don’t have costs for medicines. My family always uses traditional medicines.”

Guzman added, “I used to always use conventional medicines because my family had lost the knowledge of traditional remedies. I am very happy now. My son used to get sick a lot from bronchitis. He was under treatment with conventional medicine, but it didn’t help him. But then I learned how to use traditional medicines made from native flowers like the purple ones growing outside of my home.”

“I used to always sell those flowers, but when I learned how they could

“Most of the men in this community go to the city for work,” Aguilar said. “There is work to do here, but there is no money to pay the workers. My husband works in Puebla. I used to prepare special meals when I thought he was coming home, but I never know when he will come home anymore. He sends money with friends that come back on the bus. It’s most difficult for my husband to not be able to visit every week because it is so expensive to travel home. He really misses the children, but he says he can’t pay for the children’s school if stays here.”

“It’s sad to be alone, especially for the children because they miss their father. They know they have a father, but they never get to be with him. The children start asking why their dad doesn’t come home. When he does visit, they beg him not to leave. They really miss having a father figure. And it’s hard on me because I have to be father and mother.”

In the community of Cuauhtamazaco, Francesca Lopez knows all too well how hard it is to be the head of the household and make enough money to support a family. A mother of seven, she is the sole provider. Unlike the Aguilar family, poverty didn’t force her husband to migrate to the city for work—it drove him into the mire of alcoholism.

“My husband does live here, but he gets drunk every single day,” Lopez said. “I am the one who has to support my family. I wash other people’s clothes to earn extra money. Sometimes my husband will work, but he rarely shares his money. He mostly spends what little he earns on alcohol,” Lopez confided as she cast her dark eyes toward the ground.

“When he comes home drunk, he always wants to fight. I tell him to leave, but then I worry what happens to him



PROAN co-directors Angeles Bordas Torres and Emma Flores Galvan visit with Francesca Lopez in Cuauhtamazaco about the health of her grandchild. The baby is underweight and has trouble eating because of a cleft palate.

when he’s not at home. Whenever he is drunk, my children are afraid of him. He wants to be close to them, but they run away.”

With a small house filled with hungry children, an alcoholic husband and a grandchild with a cleft palate whom she cares for, Lopez needs all the support she can get. She said PROAN had made a dramatic difference in her life, and helped her make it through the tough times. “This program has helped me so much. We can eat the eggs or I can sell one egg for one peso. I have benefited with this project and the extra income for my family. I have also received a lot of personal support from the people I’ve met. It has changed my life.”

A Child Has Hope

One of the poorest indigenous families in this area lives in the small community of Xiloco. Virginia Ramos, her husband and her four children live in a tiny, one-room wooden structure with a dirt floor and an unstable roof. They all share

a tattered mattress in this place they call home. PROAN and Heifer are helping the Ramos family improve the children’s nutrition.

The Ramos children, with their bright, smiling faces, are the children of hope. “I like to see the hens lay eggs because they come when we have no food. I like to know that we will have something to eat,” said Oscar, 9, the eldest of the Ramos children.

PROAN and Heifer have helped this family increase their ability to feed themselves, and the hunger that Oscar and his siblings knew so well has been replaced with hope for a better future—and a world full of possibilities. Oscar now sees beyond the struggles of his family and has dreams of becoming a lawyer.

Why a lawyer? Oscar explained that he wants to give back to the community. “I want to help other people,” he said with a shy grin. It is this kind of dedication that will keep this village’s indigenous cultures and traditions alive for generations to come. 🌿

Hurricanes Katrina, Rita

One of the toughest things to deal with in the wake of Hurricane Katrina was the uncertainty. With phone lines down, cell towers out of commission and roads washed away, it was hard to figure out who had survived, who needed help and how much rebuilding would have to be done.

Heifer International is a partner in more than two dozen projects in the areas hardest hit by Katrina. But with communication lines down and roads impassable, Heifer staff and project participants were still trying to contact each other more than a week after the disaster crashed ashore. The relief and recovery efforts in Katrina's wake were compounded Sept. 24 when a second storm, Hurricane Rita, ripped through the already weakened region, causing more flooding, wind damage and misery for the weary survivors of a brutal hurricane season.

**"We want to do everything we can to help these hard-working families clear the debris, rebuild what was damaged and get their lives back to normal. It's an enormous, essential and long-term job, and we are committed to see it through to the end."
—Heifer International President and CEO Jo Luck**

"We know some of what happened, but we won't be able to give an idea of the scope until we can get in there. That's not currently a feasible option," said Steve Muntz, director of Heifer's North America Program. Speaking 10 days after Hurricane Katrina, Muntz said he expected it would be another week before all Heifer project participants in the Gulf regions of Louisiana and Mississippi were accounted for.

Heifer is working quickly to help. The goal is to raise \$1 million to help Heifer project participants in the region rebuild their work and their lives.

"We want to do everything we can to help these hard-working families clear the debris, rebuild what was damaged and get their lives

back to normal," Heifer President and CEO Jo Luck said. "It's an enormous, essential and long-term job, and we are committed to see it through to the end."

Hurricanes are a fact of life along the coasts of Louisiana, Mississippi and Alabama, where warm waters feed tropical storm systems and low-lying land offers up an open road for destruction. Perhaps Katrina was inevitable and not unexpected, but her punch knocked the entire region down all the same.

At least 17 Heifer projects are reeling from the high winds and water that came along with the Aug. 29 storm. Cattle and goat farmers lost the fences that pen in their animals, and community gardens were washed away. An untold amount of hay and other feed was soaked and ruined. Falling trees damaged barns.

Emily King knows she has lots of work ahead of her, but she doesn't know just how much or exactly where it will be. A field coordinator for Heifer projects in southern Louisiana, King was still trying to get a handle on the disaster well into September. Two weeks after the storm, she still hadn't heard from project participants near the Louisiana coast.

"The ones further south, in New Orleans and Plaquemines Parish, I have no idea when I'll hear from them," she said. "They won't be able to communicate with the outside world unless they drive out of there."

King's job got even harder on Sept. 24 when Hurricane Rita whipped ashore along the Texas-Louisiana coastline. The storm stalled Hurricane Katrina relief and recovery efforts for days and made its own unwelcome mark on the region.

Electricity went out and floodwaters rose in southwest Louisiana, an area that had escaped the worst of Katrina. Rita hit the Southwest Louisiana Livestock project near Crowley hard, pulling down trees and shredding fences.

Among the most damaged Heifer project

Hit Heifer Projects

By Austin Gelder
HEIFER STAFF WRITER

sites is a Native American fishing community in southeast Louisiana settled on marshland between a Mississippi riverbank levee and a secondary hurricane levee. Even before Katrina hit, the project participants' homes were accessible only by boat. Heifer International is helping members of the community earn their livelihoods by raising bait minnows.

The Grand Bayou community traditionally rode out major storms in shrimp boats by steering northward and inland to safety. But this time, they knew the environmental degradation that's been claiming more and more land in the Mississippi River Delta would leave them too vulnerable.

The Mississippi River once flooded frequently, depositing silt that built up the land. But levees built along the river over the last century now prevent the Mississippi from flooding its banks. As the soft soil along the river is compacted and no sediment is deposited to build it up again, the land sinks. Shallow marshes that would absorb much of the wind and water that come along with a storm are gone, taken over by the river or the ocean.

"As land loss goes on in the marshes there's more and more open water," King said. "They were afraid of this storm."

With this in mind, only a few older members of the Grand Bayou community boarded shrimp boats to ride out Katrina. The rest packed into cars and headed for high ground in Houma, La.

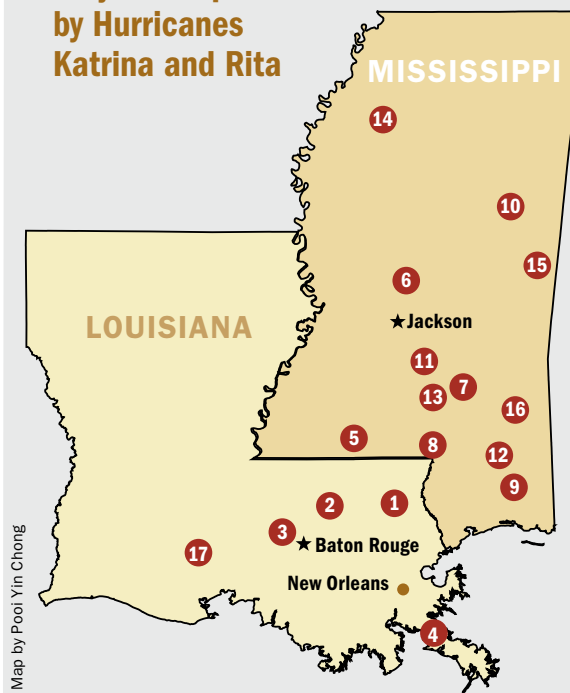
Initial reports of how the Grand Bayou community fared during Katrina have been disheartening.

"I'm really afraid they don't have any homes left," King said.

Conditions seem slightly better for most of the projects in Mississippi, said Roger Jones, field manager for the south-central region.

Fences were downed in both Louisiana

Heifer International Projects Impacted by Hurricanes Katrina and Rita



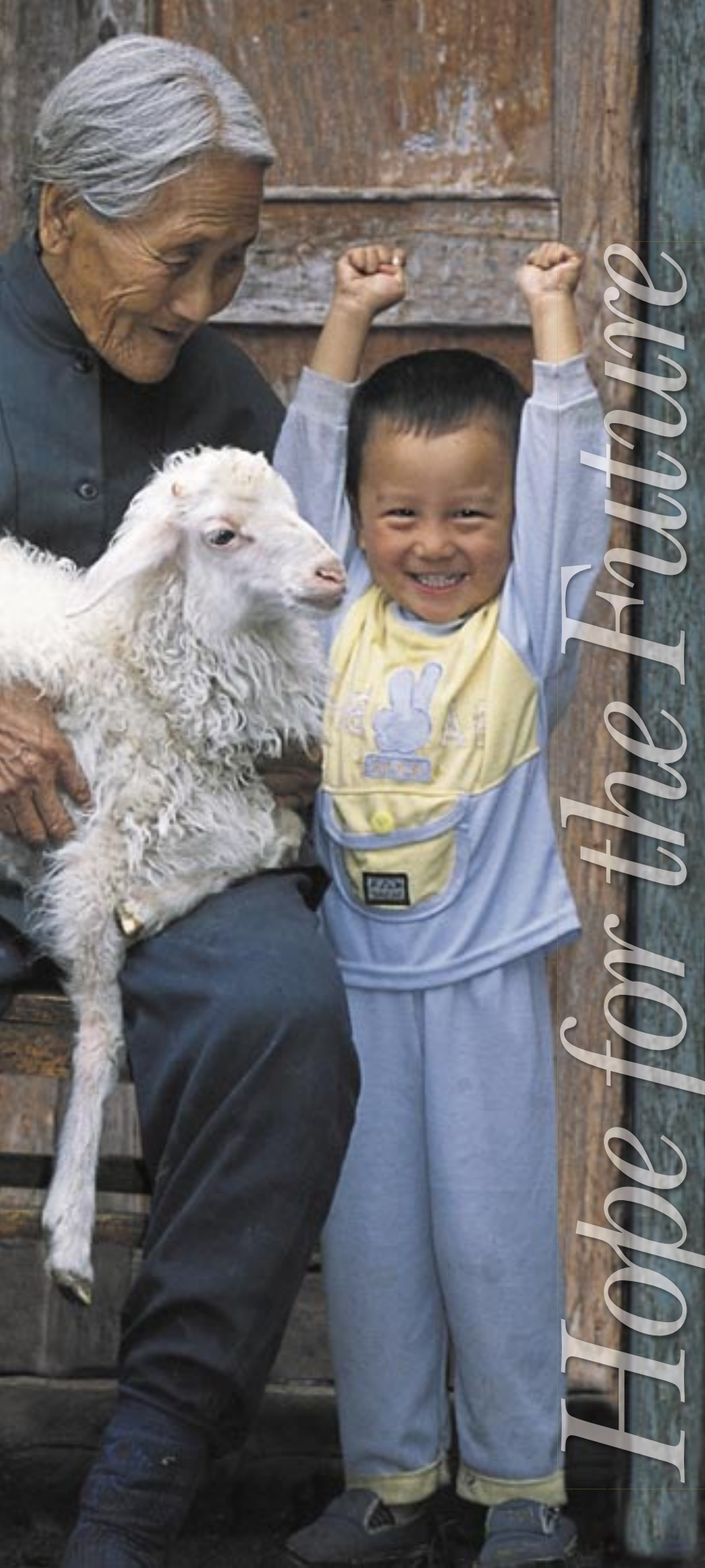
1. Washington Parish Beef Growers
2. St. Helena Beef Cattle Project
3. Beef Cattle Assistance Program
4. Grand Bayou Families United
5. Bogue Chitto Self-Help Livestock Program
6. Madison County Livestock Improvement
7. Covington County Self-Help Project
8. Marion County Livestock Project
9. Greene County Livestock Improvement Association
10. Winston County Self-Help Association
11. Simpson County Livestock Enterprise
12. Perry County Self-Help Project
13. Delta Initiatives Farm-to-School Program
14. Bolivar County Livestock Project
15. Beat IV Farmers' Livestock Cooperative
16. Wayne County Diversified Livestock Project
17. Southwest Louisiana Livestock Project

and Mississippi, but few animals are expected to be lost in part because so many trees fell that the animals remained fenced in by the piles of timber. Much of that timber represents a lost opportunity for small-scale farmers who were cultivating trees for income.

"We've probably got over \$3 million worth of timber on the ground," Jones said.

But even in the thick of the disaster and with so much cleanup to be done, some are beginning to view Hurricane Katrina as an opportunity for a fresh start. With lots of help and ingenuity, projects can be rebuilt to be more productive than they were before, Jones said.

"I personally would like us to look at this as an opportunity to go beyond where they were, not just to get them back to the status quo," he said. 🐾



Hope for the Future

HOPE FOR THE FUTURE CAMPAIGN

At Heifer International, our hopes—and our goals—are higher than ever. Heifer plans to extend hope to 23 million people during this decade.



Between 2000 and 2010 Heifer International will assist:

- 1 million families—that's 4.5 million

men, women, boys and girls—to receive animals, including pass-ons, and training in environmentally-sound farming, improved animal management, gender equity and community development.

- 1.4 million additional families or 6.5 million people, to receive training in environmentally-sound farming, improved animal management, gender equity and community development.
- And 2.6 million more families—12.5 million people—to receive significant other benefits as a consequence of Heifer's work.
- In addition, Heifer will substantially increase its efforts to educate the public about issues surrounding world hunger, poverty and the environment, and promote ways for each person to make a difference.

Therefore, between 2000 and 2010, Heifer International will assist, directly or indirectly, 5 million families—23 million men, women, boys and girls—towards achieving sustainable income and food security in an equitable and environmentally sound manner. To find out more, call (800) 422-0474 or visit www.heifer.org.

The Café of Miracles

My Breakfast With Eliot

Not long ago, on a Saturday morning, I took my young son Eliot for breakfast. We went to a small café across from the city zoo. While you couldn't see much from the window, we knew that the bears lived in the caves just beyond the trees. And every so often, the zoo train chugged by on its rambling path around the property.

But it was what was in the café that caught my attention.

For at the very next table were another father and son having breakfast together. And they were African-American. Yet they were eating alongside whites, without fear of being arrested, harassed or attacked.

As I looked around, contemplating this, I saw that all the other patrons seemed to be able to read their menus. They had all gone to school, most of them for free. In fact, just a few blocks past the zoo was a library where anyone could borrow books—at no charge.

Our waitress—along with the cooks and dishwashers—was guaranteed to make a minimum amount of money each hour. The kitchen, which we could see through a swinging door, was clean and bright. The owner of the place was required by law to set reasonable working hours and safe conditions. There was a whole system set up to protect the building from fires. Remarkably, no children were allowed to work in the café.

Eliot ordered pancakes and I ordered an omelet. The waitress placed two glasses of water on the table, and we drank from them without worrying that we would get sick from some unseen microbe. Before the food arrived, Eliot went to wash his hands. The café had restrooms with clean running water, and a system under the streets carried off the waste. No one in the café wor-

ried about dysentery, cholera or, for that matter, bubonic plague, polio, smallpox, diphtheria or a host of other killer diseases.

Many people in the café had just voted in a national election. They had been able to actually choose the people who best represented their views and interests, to pick who would shape the laws we all agreed to live under. And it wasn't just the white male property owners who had the right to vote. Women did too, as did every citizen over 18.

And many had gone to places of worship that week. They had hundreds of places to go. No law told them which religion to follow. Not one person in the café paid a tax to support a church.

Two tables over, a family of four was speaking Spanish. They had come from a country south of our border that had recently held an open national election. Next to them, a couple was complaining about some proposed state law. But they didn't seem worried that anyone would overhear.

I unfolded a newspaper that someone had left on a chair. On the front page was a story about a country that, in its first free election, had elected new officials to replace a long-standing, corrupt administration. Around the world, entire nations were choosing their own governments. And there was a global forum in which countries discussed their differences and their challenges.

The waitress came by with our breakfast. The eggs and vegetables in my omelet were from local farmers, produced without



By Tom Peterson
Vice President of
Communications
and Marketing

New ideas come from somewhere. Sometimes they come from individuals, sometimes they come from the endless work of small groups, and sometimes they come at the insistence of millions. It is our job as citizens to encourage these ideas, to make room for the voices of innovation and dissent, the voices that contend that even if we cannot imagine it, the future is full of miracles.

the worst pesticides such as DDT. These harmful pesticides of a few decades before had almost disappeared from use. A few hundred miles to the south, thousands of brown pelicans once again flew in straight lines down the beaches of the Gulf Coast.

Eliot and I talked and ate our breakfast as the zoo train went by a few more times. And it struck me: If I had gone out with my dad when I was Eliot's age, the scene in the café would have been completely different. I remembered the "Whites Only" water fountains and restrooms. And there would have been scores of other, less obvious differences as well.

Had my dad and his father gone for breakfast when he was a boy, they would have seen an even different picture, one even less inclusive, with fewer opportunities. And when my grandfather was as young as Eliot, accompanied by my great-grandfather, he would have seen almost nothing that Eliot and I saw in the Café of Miracles.

In fact, most of the things that Eliot and I took completely for granted would have been considered impossible in my grandfather's or great-grandfather's day. The miracle was how they had come to be considered at all.

Our press (free to speak about anything, by the way) makes much of the golly-gee advances in science and technology. And there is no shortage of amazing things: shrinking computer chips, remarkable medical advancements, discoveries of planets orbiting distant stars.

But as we were walking out of the café, my thoughts turned to something just as remarkable: the people I'd met in the Philippines, South Africa, Central America and elsewhere, who had often risked (and

a few who had ultimately given) their lives to end poverty in their corner of the world. I thought of the incredible glob-

al spread of grassroots democracy and the mushrooming of literally millions of non-profit organizations working for a better life for all.

New ideas come from somewhere. Sometimes they come from individuals, sometimes they come from the endless work of small groups, and sometimes they come at the insistence of millions. It is our job as citizens to encourage these ideas, to make room for the voices of innovation and dissent, the voices that contend that even if we cannot imagine it, the future is full of miracles.

My mind wanders back to a quote from Martin Luther King Jr.: "I have the audacity to believe that people everywhere can have three meals a day for their bodies, education and culture for their minds, and dignity, equality and freedom for their spirits."

These are not easy times—but times have never been easy. They weren't for my father or my grandfather or my great-grandfather. And in the last few years we, even in the rich and powerful nation that is the United States, have seen much to break our hearts—but we have also seen much that, if we'll only pause to consider, can fill our hearts to bursting with hope.

In a few decades, when Eliot takes his young child or grandchild for breakfast one Saturday morning, I hope, I have the audacity to believe, that he too will see, will perhaps even take for granted, new everyday miracles. I hope, I have the audacity to believe, that these miracles will continue to build upon themselves, cascading through the future, swelling into bigger miracles. And I hope, I have the audacity to believe, that the Café of Miracles will have grown, that it will be brighter, that it will be full to bursting, that it will never close. ✨



*The
Most
Important
Gift
Catalog
in the
World*



For a World Without Hunger

The gift of self-reliance is a gift that never stops giving.

When you give through this catalog, you make it possible for women and men around the world to help themselves build better lives, feed and school their children, and provide shelter from the storms of poverty and hunger.

Plus, your gift in honor of someone on your holiday list enables your friends or loved ones to be part of making a positive difference in the world.

And isn't that what this season is all about? Bringing joy to the world?

That's why your thoughtful act of generosity on behalf of those in need of hope and nourishment is sure to bring a smile to the faces of those you honor.

And one day, the children and parents who receive your gifts of livestock and training will also know the same feeling of unselfish giving when they pass on a gift of livestock and training to another struggling family. This "passing on the gift" event is key to the success of all Heifer International programs.

Since 1944, Heifer International has worked to bring help, healing and hope to millions of impoverished families worldwide. In fact, during its first 60 years Heifer has assisted seven million families—38 million women, men, girls and boys.

Heifer works exclusively in the area of livestock and agriculture to develop programs that alleviate hunger and poverty. Our field staff is comprised of highly trained specialists, and our programs are considered among the most successful in the world.

So with this catalog, you have a unique opportunity to help the less fortunate. Many giving options are available. With your loyal and devoted help, this year we can accomplish more than ever.

Thank you for helping to end hunger and build a world full of joy this holiday season.



Jo Luck
President and CEO



Make This a Meaningful Holiday

Take part in a growing holiday tradition by giving gifts that help those in need.

Here's how:

Instead of material gifts, choose gifts from this catalog to honor your friends, family or business associates—gifts that help struggling families lift themselves out of poverty. You can also use the catalog to make a regular charitable gift. Use one of the easy ordering options below.

Four Easy Ways to Give

- | | |
|--|--|
| 1. Call toll free
(800) 698-2511
24 hours a day, 7 days a week. Credit card orders only, please. Fill out the order form for your records. | 3. Order online:
www.catalog.heifer.org
24 hours a day, 7 days a week. Download beautiful print and email honor cards and pass along interactive email cards to friends. |
| 2. Fax (501) 907-2902
24 hours a day, 7 days a week. Fax the completed order form; keep for your records. Include credit card information. | 4. Mail the completed order form with your check to:
Heifer International
P. O. Box 1692
Merrifield, VA 22116-1692 |

The prices in this catalog represent the complete livestock gift of a high-quality animal, technical assistance and extensive training. Each purchase from this catalog represents a contribution to the entire mission of Heifer International. Donations will be used where needed most to help struggling people. Heifer International is a non-profit 501(c)(3) organization.

What Your Honoree Receives...

This year, instead of sending material gifts to your friends and family, present them with this beautifully designed gift card letting them know that, in their names, you've given the gift of self-reliance to a struggling family. The card explains Heifer's mission and how the gift you made in their honor will make a difference to a family in need.



Gift Card Delivery Options:

- | | | |
|---|---|---|
| Fastest:
Order online at www.catalog.heifer.org , then select and print one of the cards provided or send an email honor card electronically to your honoree. | Fast:
For an additional charge, we'll ship your cards to you 2nd Day Air or Next Day Air (telephone orders only). | Standard:
Order before December 9, and receive delivery in two to four weeks from Heifer's receipt of order, via U.S. Postal Service. |
|---|---|---|

Heifers ... the Gentle Gift of Hope

A good dairy cow can produce up to four gallons of milk a day—enough for a family to drink, share with neighbors ... and still have enough left over to sell at the market.

The protein in cow's milk can transform sick, malnourished children into healthy boys and girls. The sale of surplus milk earns money for school fees, medicine, clothing and home improvements.

And when cow's manure is applied to gardens, even a small plot of land can yield a marvelous bounty.

What's more, since a healthy cow can give birth to one calf every year, your gift of a heifer and training in its care can be passed on many times over and quickly help entire communities move from poverty to self-reliance.

That's why, as you make out your holiday giving list this year, we hope there will be a heifer on it ... your powerful gift of love and hope to a waiting world.

Gift of a
Heifer: \$500
Share of a Heifer: \$50



Since receiving this heifer from a friend like you, Knarik Khachatryan from Ptghavryan, Armenia, has renewed hope for the future.

The Goats with the Most

Gift of a
Goat: \$120
Share of a Goat: \$10



Collins Yao (left) and Mabel Bafua of Ghana hold the goat that is the key to their future.

You may think of goats as stubborn or ornery ... but in fact they are gentle enough that in countries all around the world, it is often children who are in charge of their tending and feeding.

Goats are able to thrive in extreme climates and on poor, dry land by feasting on grass and leaves that other livestock won't eat.

Your gift of a dairy goat and training can supply a desperate family with up to four quarts of nutritious milk a day—that's a ton of milk a year!

Extra milk can be sold or used to make cheese, butter or yogurt. And families learn to use goat manure to fertilize gardens. Plus, because goats often have two or three kids a year, Heifer partners can lift themselves out of poverty by starting small dairies that pay for food, health care and education.

Those are just a few of the reasons why more children around the world rely on goats' milk than milk from any other animal, and why your holiday kindness will go on and on when you give a gift of a goat!

Sheep...a Lifeline to the Future!

You can help many hungry families through the gift of Heifer International's high-quality breed of this hardy animal and training in its care.

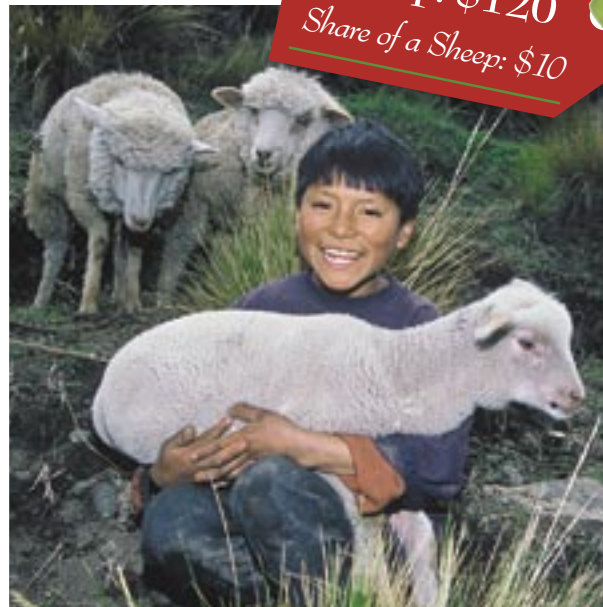
Through our controlled breeding programs, Heifer provides sheep that produce a thicker, warmer wool than local stock so struggling families have more sheep's wool to make clothes, or sell for extra income.

Sheep are perfect for many Heifer families because they can graze even the hilliest, rockiest pastures unsuitable for other livestock.

Many families use managed grazing techniques or keep their sheep in zero-grazing pens to protect the environment and permit efficient collection of manure for fertilizer that improves soil and pasture land.

And since sheep often give birth to twins or triplets, your generosity quickly spreads as one family passes-on the gift of newborn sheep to other needy families in their community.

More and more proof that Heifer sheep—like the generous people who give them—are a special breed and the perfect gift for this holiday season!



Nine-year-old Benjamin Cutiopala Paltan from Ecuador, posing here with his Heifer International sheep, says, "On Saturday and Sunday, I am the family shepherd. I always help my father in the fields and because of this program, when I am big, I will be a good farmer."

Gift of a
Sheep: \$20
Share of a Sheep: \$10

Chicks Make an Egg-cellent Gift!



Julie Ann Lubisyo, from the Philippines (left, 9 years old), is pictured here with her two friends from the CHiLD project. Julie Ann says, "I know now how to take very good care of my chickens. With tender loving care, I am happy and want other girls like me to take care of chickens and their families. I want to increase my chickens because I want to share and give many away."

Good things certainly do come in small packages!

Packed with protein, just one egg is a nutritious gift for a hungry child. And since a single hen can lay more than 200 eggs a year, your gift of chicks through Heifer International will buy literally hundreds of healthy meals for an impoverished family. We help many hungry families with a starter flock of 10 to 50 chicks, so there are plenty of eggs not only to eat, but also to share with neighbors, to let hatch, or to sell at the market for desperately needed income.

Because chickens need very little space, thrive on readily available feed or even pests like insects, and don't require a lot of investment, a family can quickly realize their benefits. Plus, their droppings can be used to fertilize gardens to increase the productivity of the soil and further improve children's diets.

That's why chicks are often the perfect match for the *most* impoverished families we help.

So if you're looking for gifts for friends or co-workers that show you really care, give the gift of chicks this year!

For a Friend in Need, a Llama Can Be a Friend Indeed!

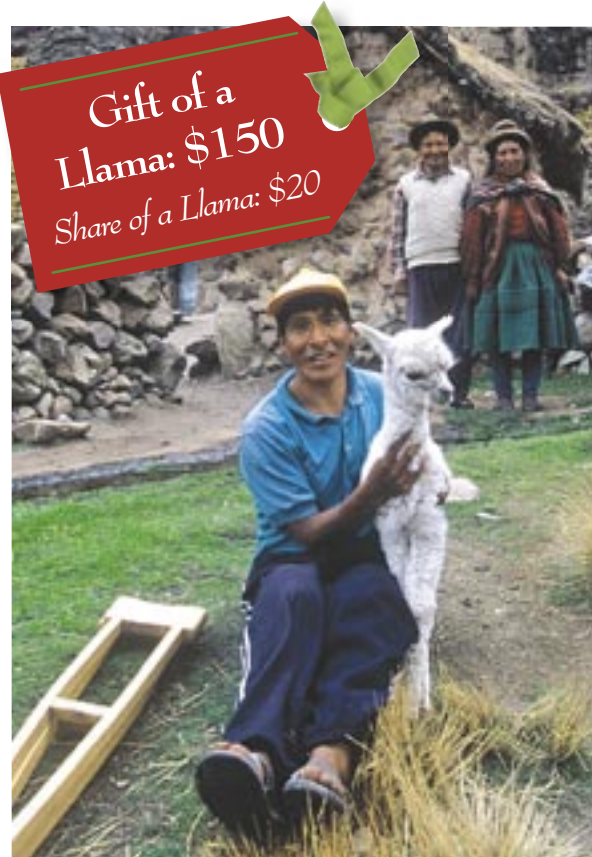
At home in rough, mountainous areas of Latin America, llamas—and their kin the alpaca—are a blessing to families living high above sea level.

They are remarkably disease-resistant and require little care, they can carry small loads for long distances over rugged slopes at high altitudes, and will eat the native scrub vegetation that other domesticated animals won't eat.

Moreover, llama droppings help fertilize topsoil—improving crops and reducing erosion.

But llamas and alpacas also provide Heifer families with invaluable sources of transportation and income from the sale of wool, which is prized for making blankets, ponchos, carpet and rope.

The llama is a gift that shows a remarkable understanding of the world and its people. It's a gift that shows you care ... and it'll make a wonderful story to tell the people you love this holiday season!



Gift of a
Llama: \$150
Share of a Llama: \$20

Juvenal Ichuta Suricallo with his alpaca in Chiligua, Peru.



Gift of Tree
Seedlings: \$60
Share of Seedlings: \$10

Generosity Takes Root

When you think of Heifer International, you probably think first of animals. But trees are actually some of the most important gifts on earth.

In many countries where we provide assistance, soil erosion is a significant problem. Harsh weather, warfare, even poor crop management, can leave the topsoil barren and contribute to erosion, mudslides and worse. Planting trees, with help from Heifer International, makes the difference—and helps make the earth productive again.

In Ecuador, Heifer International is teaching innovative farming and irrigation techniques that include the planting of trees on “terraces,” or hillsides. As the roots take hold, they protect the precious earth and discourage runoff. They help improve soil quality, too. And they look magnificent!

A holiday gift that will grow and give happiness for years to come is a thoughtful gift, indeed!

Jacinto and his daughter at their family nursery. They're using these tree seedlings to help restore their surrounding Guatemalan forest.



**Gift of
Honeybees:
\$30**

Honey Bees: The Sweetest Gift of All

A gift of bees is a gift of opportunity. Placed strategically, a beehive can as much as double some fruit and vegetable yields. In this way, a beehive can be a boost to a whole village. Beehives require almost no space, and once established, are inexpensive to maintain.

That's why Heifer International is eager to provide many struggling families with a package of bees, the box and hive, plus training in beekeeping.

While most Heifer partners keep bees as a supplement to family income through the sale of honey, beeswax and pollen, beekeeping often becomes a family's livelihood.

So surprise your friends this holiday with the latest buzz: the gift of honeybees to help needy families around the world.

Susanna Mashkovich from Hermon, Armenia, wears protective gear to work the hives she received through Heifer International.

The Wonders of Water Buffalo

A single water buffalo can lead a hungry family out of poverty and give them a chance for a bright future filled with hope and free from hunger.

Water buffalo from Heifer provide draft power for planting rice and potatoes, milk for protein and manure for fertilizer and fuel.

In fact, a farmer can plant **FOUR TIMES** more rice with a buffalo than by hand! And a water buffalo can haul heavy loads to the market — where the sale of extra produce brings in vital income for clothing, medicine and school.

Plus, by renting their buffalo to neighbors, Heifer families can earn even more money for home improvements or a variety of livestock.

So this year, give a gift that helps to solve a greater need in the world, while expressing your warm wishes in a very special way. A water buffalo is a gift that's hard to wrap, but it "opens" up a whole world of possibilities!



**Gift of a
Water Buffalo: \$250
Share of a Water Buffalo: \$25**

It's a family affair in the Phillipines as Bagwan, Loge and their two sons pose with their Heifer water buffalo and her new calf.

Heifer animals are like “living savings accounts” for struggling families, and the pig may well be the most interest-bearing.

When you donate a pig, you give a family a valuable source of protein, income from the sale of animal offspring and natural fertilizer to nourish crops and soil.

Pigs need little land and can thrive on crop and garden by-product scraps. So farmers who may not have the land or the grasses to feed cows are often able to raise pigs, which can stay penned and gladly subsist on scraps.

Pigs also reproduce well and grow to market weight quickly. An average sow can provide a family with up to 16 piglets a year. Pigs usually double their three-pound birth weight in their first week and can grow to more than 200 pounds in six months!

So if you're looking for a gift idea with the power to lift a poor family out of poverty, this year think big ... and give a pig.

Piglets Make Perfect Presents!

Gift of a
Pig: \$120

Share of a Pig: \$10



Mit Am introduces her new Heifer pig to her grandchildren at their home in Cambodia.

Ducks and Geese Bring Relief



Dan Chen at Mr. Zonglin Zhou's duck hatchery in Xiang Quan, China

Duck and goose eggs may not be common where you live, but in many places they form the cornerstone of a healthy diet, and millions of children rely on them for protein every day.

Ducks are easy to care for, their droppings enrich gardens, and they even help control weeds and insects.

Plus, through the sale of eggs and animal offspring, ducks and geese provide valuable income opportunities for families struggling to survive.

Gift of
Ducks & Geese:
\$20

Trio of
Rabbits: \$60
Share of a Rabbit: \$10

The Precious Gift of Rabbits

A trio of rabbits and training from Heifer International is a low-cost, high-yield gift that helps impoverished families increase their protein intake and income.

Rabbits are easy to care for, they eat simple foods such as carrot tops, sweet potato vines and grasses; and their manure can be applied directly on gardens without composting.

And, of course, because rabbits have so many offspring, the process of passing on the gift multiplies your original gift quickly and helps many other impoverished families better their lives.

What better way to share the joy of the holidays than to give a trio of rabbits to a struggling family.

Januka Bista from Nepal strokes one of the Angora rabbits her mother received through Heifer.



Changing the World Two by Two

Gift of
an Ark:
\$5,000



A Heifer International Ark is an extraordinary gift. If you or your business or organization are wondering how you can do more with your giving—how you can change the world—this is the opportunity for you.

Your Gift Ark goes around the world. Latin America, Africa, Asia, Europe, North America. Where we find hunger, poverty, hopelessness and misery, we answer with Heifer animals and training ... and discover, through our efforts, the “olive branch” that grows from encouraging peace and opportunity.

What does the gift of an Ark mean? It means ... oxen, donkeys and water buffalo ... cows, sheep and goats ... even bees, chicks and rabbits, and more ... healthy, hardy animals that will go forth and multiply, improving lives for countless families and children, and “passing on” your spirit of faith and charity over and over again. A whole “Ark-ful” of hope and happiness ... setting sail for the places in the world where your generosity, kindness and vision are needed most.

To discuss ways that your company, civic organization, congregation or family can give the Gift of the Ark during this holiday season from Heifer International, please call the number below ... and say, “I want to help change the world.”

Gift Ark animals may include:



2 COWS

To bring milk and income to a Russian village.



2 OXEN

To pull plows and carts in Uganda.



2 BEEHIVES

To help families in Kentucky earn money through the sale of honey and beeswax.



2 TRIOS OF DUCKS

To help families in Ghana generate income through the sale of eggs and birds.



2 FLOCKS OF GEESE

To help families in China better their nutrition and income through the production of eggs and meat.



2 SHEEP

To help families in New Mexico produce wool.



2 WATER BUFFALO

To help Indonesian families increase rice production through animal draft power.



2 GOATS

To help Guatemalan families provide milk for their children and earn extra income.



2 TRIOS OF RABBITS

To provide food and income for families in North Korea.



2 FLOCKS OF CHICKS

To help families in South Africa improve nutrition and generate income through the sale of eggs.



2 CAMELS

To help families in Kenya earn income by transporting agricultural and industrial materials.



2 PIGS

To enable families in Cambodia to attain greater self-reliance.



2 DONKEYS

To supply animal draft power for farmers in Tanzania.



2 TRIOS OF GUINEA PIGS

To help families in Peru add protein to their diets and increase income.



2 LLAMAS

To improve livestock bloodlines and produce wool and income for Bolivian families.



The extended Keller family stands with Heifer International CEO Jo Luck and an artist's rendering of the Polly Murphy and Christoph Keller Jr. Education Center. Polly Murphy, in pale blue, stands beside the rendering; to her right is her son, the Rev. Christoph Keller III.

“To Help People Live, and Live Abundantly”

Keller Family Gives \$3.5 Million for Education Center

By Lauren Wilcox
World Ark Associate Editor

When the Keller family does something, they do it together. On a hot day in August, the children, grandchildren and great-grandchild of Polly Murphy Keller Winter and the late Rt. Rev. Christoph Keller Jr., arrived in Little Rock, Ark., from points around the country to honor the pair with a gift to Heifer International.

Given by Winter and Bishop Keller's six children—the Rev. Christoph Keller III, Caroline Theus, Cornelia Keller, Cynthia Davis, Kathryn Anderson and Elisabeth Keller—the gift of \$3.5 million is the largest individual gift Heifer has ever received. It will be used toward the construction of a new world hunger education center, the Polly Murphy and Christoph Keller Jr. Education Center, adjacent to Heifer's new headquarters in downtown Little Rock. The education center will serve as a hub for public forums and educational activities and will eventually be the gateway to Heifer's planned Global Village.

The building will also serve as an enduring tribute to a couple who lived their lives with a deep sense of responsibility and faith and passed those values on to their children. The gift will especially, said the Rev. Christoph Keller III, recognize their mother, who traveled to Little Rock from her home in New York City to accept the gift made in her honor.

Polly Winter and Christoph Keller Jr., who was bishop of the Episcopal Diocese of Arkansas from 1967 to 1981, were both active in their community and abroad, maintaining

longstanding ties with the Episcopal Church in Nigeria. Christoph Keller Jr. ordained the first woman Episcopal priest in the state of Arkansas, Peggy Bosmyer, and, during the civil rights movement, played an important role in integrating the church.

Winter describes her activities during that time as “typical” for a woman of the era, “raising children ... and engaging in volunteer work.” But the picture painted by her family and friends is that of a dynamic and endlessly energetic woman devoted to the causes she believes in—which include music, the arts, social service and health care—as well as to her friends and family.

Betsy Blass of Little Rock, a friend of Winter’s who has worked with her on several projects over the years, called Winter “one of the great ladies of all time,” and said that the early support that Winter provided for Alzheimer’s disease research at the University of Arkansas for Medical Sciences was crucial to the now-thriving program. Charlotte Brown, also of Little Rock, said that Winter had always been “a catalyst for making good change happen.” She recalled how Winter’s time in Nigeria had affected her deeply, and how, when Winter returned, she spoke at length on the steps of the church about the struggles that country was facing.

Most of all, Winter was described as someone who gives generously of herself. “She is my role model, my mentor and my inspiration,” Blass said. “She has a delicious sense of humor,” Brown said, “and a keen intellect. She’s just got this spark about her. And if she’s relaxed enough,” Brown said, laughing, “she’ll sing you a couple of Irish ballads.” Beverly Fennell of Little Rock, who met Winter through her husband’s work in the Episcopal Church, recalled how important Winter was to the close-knit group of clergy wives. “She meant a great deal to all of us,” Fennell said. “She gave us permission to be ourselves.”

That ability to be a “catalyst for positive change” appears to have been handed down in the family, like the names passed along from generation to generation. At a gathering of her family and members of the press to announce the gift, Winter spoke eloquently about learning from her own parents that those who are able to make a difference have the responsibility to do so. She told the story of how, as a teenager in El Dorado, Ark., she and her friends “adopted”

a child from a poor family for a year, giving her new clothes and taking her to the movies. She recalled that upon learning of her project, her father remarked, “Polly, if you’re going to be a do-gooder, you have to be very careful that you don’t do more harm than good.”

It was, she says, advice that made a lasting impression. When she and her family moved to Little Rock in 1967, and first learned about Heifer’s work, they decided that “here was an organization that was doing more good, without doing harm, than any we had ever seen.”

Christoph Keller III, who also spoke at the gathering, said that Heifer’s work “fits perfectly with what Mother and Dad have believed and practiced: a vocation to help human beings live, and live abundantly.” He noted that while Heifer’s global reach was part of what

made its work so important to the family, so was its local impact, especially its involvement in the revitalization of downtown Little Rock.

Cornelia Keller of Waterford, Va., one of the six Keller siblings, said, “I think it is common to think that one has to make a choice between saving the Earth and saving the people who live on it. I am often told you can’t have it both ways. ... [Heifer’s] realization that the two are integral to each other seems unique and prophetic.” Caroline Davis of Washington D.C., Winter’s granddaughter, said, “I think it’s a wonderful legacy for our children and our grandchildren, to leave them with this message about how important projects like this are.”

Thomas Christoph Keller, a sophomore at the University of the South in Sewanee, Tenn., added, “We are all very excited that we could participate in something like this, that will reconnect us with the state of Arkansas, which we love, and that also has a global outreach. It’s a wonderful idea.” Ava Partridge, at 18 months the youngest member of the family, added something unintelligible but enthusiastic.

“To get a lot of people behind one idea,” Christoph Keller III said, “it takes a really good idea.” The hardest part, he laughed, was convincing his mother to put her name and that of his father on the building. When he suggested it, she protested, saying, “Father always told me, ‘Polly, don’t let them put your name on anything before you die. You might get caught in a scandal and disgrace your name.’” To which he replied, “Mom, you’re 83. If you get caught in a scandal now, you won’t be disgraced, you’ll be a legend.” 🌸

“I think it is common to think that one has to make a choice between saving the Earth and saving the people who live on it. I am often told you can’t have it both ways. ... [Heifer’s] realization that the two are integral to each other seems unique and prophetic.”

—Cornelia Keller

Teens' Llama Drama Spotlights Hunger

Fourteen high school students crammed 12 days of hands-on learning, brainstorming and rehearsals into a one-hour multimedia performance about hunger and poverty that pulled a Little Rock, Ark., audience to its feet.

The young performers came to central Arkansas this August from across the country to be part of the inaugural production of Llama Drama, a Heifer International program that combines education and the arts to teach both participants and viewers about economic struggle and environmental degradation around the globe.

The participants, who ranged in age from 15 to 18, were chosen from a pool of applicants to spend two busy weeks at the Heifer Ranch in Perryville. The young artists started their Llama Drama experience with the ultimate icebreaker: two days and nights in the Global Village, where they got a first-hand taste of poverty. The students were divided among a Mongolian ger, a thatched-roof Mozambiquean hut and a broken-down school bus from the Mississippi Delta.

"They stepped into a hungry person's life and saw the world through a new perspective. Through this new understanding, inspiration was born," said Anne Harper, vice

president of education for Heifer International.

"The point was really to fill their wells of creative imagery," said Director Lauren Gunderson, an Atlanta actress, author and playwright who oversaw the students' creative process.

Students honed the insights, feelings and ideas they took from their Global Village experience into the poetry, photography, songs, dance and monologues that made up their production, "Revolutions."

Students opened their performance with "Wake Up!!!!" a montage of news broadcasts peppered with sobering statistics on hunger and suffering. The opener was followed by poems, dance and song that all shared the goal of educating

people about hunger and inspiring them to do something about it.

Afterward, the capacity crowd showered the performers with applause, praise and flowers.

"My favorite part was the whole idea behind it," said Carol Eruren, grandmother of 16-year-old performer Briana Eruren of Little Rock. "I have a feeling it was a life-changing event."

Still on a high from the performance, 15-year-old poet and photographer Dan Pologe of Milwaukee said the applause and congratulations from the final night of his visit to central Arkansas wouldn't be the only part of the trip that would stick with him. He'll also take with him the friendships he's made and the eye-opening experiences

he had at the Global Village. "As much as the performance was amazing, I think I'll remember the whole experience," he said.

Other young performers will likely get the chance to stage more Llama Drama productions in the future, said Tim Newman, manager of school programs for Heifer International. "We got such great feedback from students, staff, parents and the audience that we'll probably do it again," he said.



Llama Drama participants talk with Little Rock, Ark., television personality Jason Harper during a rehearsal for their whirlwind performance about hunger and poverty.

School Undergoes “Extreme Makeover”

During the last year, students and teachers have taken San Miguel Elementary School in Santa Rosa, Calif., through a major—and exciting—change. San Miguel’s “extreme makeover” was not the stuff of TV drama. Instead, it was the result of a year-long series of special events held to raise money for Heifer. “In my 25 years of teaching, I’ve never seen such a transformation in a school,” said sixth-grade teacher Margery Egge.

“Teachers who had little contact before were now working side by side. Older children were mentoring younger children. Special ed kids for the first time were seamlessly interacting with the general ed kids. It was an amazing makeover for San Miguel Elementary School.”

The process began when Principal Ann Savvidis proclaimed school year 2004-05 “The Year of Empathy.”

“The teachers and I wanted to intentionally foster the development of empathy in the kids, not only with one another on the playground and in the classroom, but in their attitudes toward the rest of the world,” Savvidis said. “We wanted them to understand that they are part of a world community.”

Egge, whose son Isaac is on staff with Heifer, had the perfect plan. She spearheaded a year-long whirlwind of Heifer activities that drew in everyone at the school. With the help of a matching grant from the Marin Community Foundation, the students ultimately raised close to \$24,000 for Heifer project participants around the world.

They began raising money at San Miguel with a poster contest and



From left, Jonathon Lomeli, Caitlin Young, “Mint” from Heifer Thailand, Ashley Adams and Heather Brigman.



The “Hearts for Heifer” display at San Miguel Elementary School.

turned the winning posters into a calendar. To their amazement, the students sold 500 calendars. Every month the students chose a different theme—Pennies for Pigs, Quarters for Quackers, Hearts for Heifers and Shamrocks for Sheep. Every month, the students opened and ran a small store with all proceeds going to Heifer. At their winter carnival, students sold handmade items like jewelry. The first-graders made and sold bookmarks, and the sixth-grade classes sold hand-printed cards for both Christmas and Valentine’s Day. Classrooms took turns fashioning animal-appropriate banks that were placed around the

school for contributions. The students hosted a pasta dinner and organized a school-wide garage sale.

And as the students worked together on these projects and learned more about the lives of Heifer project participants, they gained new perspectives. Teachers began to notice subtle improvements in their students’ level of self-respect and acceptance of one another.

Perhaps the development of empathy within the school was most obvious with the special education class. These students normally have little interaction with the students in general education classes. Their involvement with Heifer changed that.

Special education teacher Sherry Shiebel said, “Our kids are full of love and want so much to give to the world. Now they had their chance. When they saw what they could do for other kids around the world who had less than they did, they were just vibrating with excitement and compassion.”

The special education class made drawings that were transferred onto blocks of fabric and sewn into a quilt. The quilt was raffled off for a generous amount and then donated to Heifer’s Northwest regional office, which uses it for displays. The special ed students also began gathering recyclable items in the lunchroom and playground, and before long, they were joined by students from other classrooms who took their lead.

“We began with the idea that children who grow up feeling that they could change the world would, in fact, change it,” Egge said. “Our students experienced a growth of empathy for others and an awareness of their place in the global community.”

Champs Say It With a Water Buffalo

When the men's soccer team at Indiana University won the NCAA championship, a local dentist bought Coach Michael Freitag and the team a water buffalo from Heifer International. So when Freitag and the team were invited to the White House to receive personal congratulations from President Bush, they decided to pass on the favor.

"I told them, 'I don't think anyone else is going to give Bush a water buffalo,' " Freitag said. He and the team presented the president with the gift at the ceremony May 13 in the East Room, where they along with several other championship teams had the chance to meet the president and the first lady.

In a speech during the ceremony, President Bush called the gift "an incredibly generous gesture." "He was really tickled," Freitag said. "He was just sincerely tickled by the whole thing. He kept saying, 'I am really touched. Tell me more about this.' "

It was the seventh national championship for the team, who had been coached to victory the year before by legendary coach Jerry Yeagley. For Freitag, in his first year as head coach, the victory was sweet, and he wanted to



The winning team poses for a picture with President Bush.

make it memorable.

"When I told the team what I wanted to do, everybody shook their heads, like they thought they were going to be embarrassed. But when they saw how pleased Bush was, everyone was like, 'Cool! A water buffalo!'"

NEW Online Giving Registry Spreads the Opportunity to Help

Just in time for the holidays, Heifer has launched the new online Giving Registry as a feature of our online catalog.

The Giving Registry functions like a department store registry, but instead of requesting gifts for yourself, you're asking others to make gifts that change lives to Heifer in your name. Whether it's to tell friends about your holiday wish list of meaningful gifts, or for an upcoming wedding or other special event, Heifer's Giving Registry will be a unique and fun way to celebrate the occasion. Visit it at www.heifer.org.

How It Works

The Heifer Giving Registry works just like any other gift registry. You go online to register, choose the "gifts" you would like to receive, and send messages to invite people to take part. People who are planning to give you a gift or make a donation in your name can choose an animal or other item from the popular Heifer catalog. Set up your own Giving Registry:

- As your holiday wish list
- For milestones in your life such as weddings and birthdays
- To honor the memory of loved ones
- And for just about any reason for which you would like to ask someone to join you in supporting the work of Heifer.

Find out more about creating a Giving Registry of your own at www.heifer.org. It's fast, easy and the perfect way to tell friends and family you'd like a gift that makes a difference!

Sarah McLachlan Shows Support at Live 8

Singer Sarah McLachlan showed her Heifer colors at this summer's Live 8 concert in Philadelphia. McLachlan helped Heifer announce its support of the One Campaign "to make poverty history."

Live 8 concerts were also held in France, Germany, Italy, Canada, Japan and the United Kingdom. Millions came together to call for complete debt cancellation, more and better aid and trade justice for the world's poorest countries.

The concerts were broadcast around the world, and McLachlan posed for the photos backstage immediately after her performance and mentioned her support of Heifer to the international media in attendance.

Last year, McLachlan featured footage of the work of non-governmental organizations, including Heifer, in her "World on Fire" video.

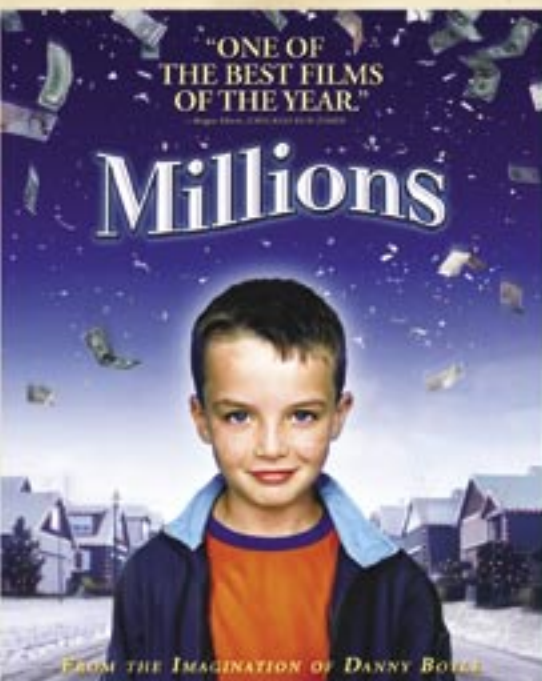
Sarah mentioned that she learned about Heifer through a friend who gave a gift in her honor and that she gave Heifer gifts to friends last year during the holidays.

PHOTO BY MIKE Mergen



THE HEIFER SPIRIT | GIVING RESOURCES, GIVING SELF

CHILDREN HAVE THE POWER TO CHANGE THE WORLD.



From the imagination of Danny Boyle comes a story so uplifting that it's making people feel like a million. While relaxing in a fort he made out of cardboard, seven-year-old Damian Cunningham watches in awe as a suitcase of cash literally falls out of the sky. Believing it's a divine act, Damian feels he has an opportunity to help those less fortunate. His enterprising brother, of course, wants to spend the cash. However, when the cash turns out to be stolen loot, the boys are put to the test – with hilariously heartwarming results!



ONE PERSON CAN MAKE A DIFFERENCE. SO CAN ONE ANIMAL.

Twentieth Century Fox is proud to support the efforts of Heifer International, the organization that has given hope to many millions of families in need with a very simple, effective act – by providing them with farm animals and training in their care to produce food like milk, eggs or cheese. The families then pass the gift of these animals' offspring on to others in need. Damian in *Millions* always hoped for the perfect way to help others. By contributing to Heifer International, you can do the same – without waiting for a suitcase to fall out of the sky!



Helping those less fortunate has never been more important. Making charitable donations and volunteering your time to help those in need are among the greatest gifts you can give this holiday season. Happy holidays!

www.heifer.org/millionsdvd

Heifer Youth Meet to Promote Teamwork

By Austin Gelder, HEIFER STAFF WRITER



Heifer youth learn how wool is carded and spun at the 2005 Heifer Youth Exchange at Overlook Farm.

The smell of baking cinnamon bread signaled lunchtime at Overlook Farm in Rutland, Mass., and clusters of hungry people dropped their work in the fields to head toward the kitchen.

But the 17 teenagers visiting Overlook Farm Aug. 14-19 for Heifer Youth Exchange 2005 ignored their hunger pangs as they gathered firewood and kneaded masa with their fingers. The

youth, all participants in Heifer programs at their homes in Canada and the northern part of the United States, were beginning their Global Village experience, where they would see firsthand how much work it takes for struggling families around the world to feed themselves and their families.

The group shared a lunch of tortillas and beans before spending the afternoon feeding pigs, weeding gar-

dens and repairing fences. They then split into smaller “families,” preparing their own meals over open fires and bedding down in rustic housing typical for struggling families in Peru, Thailand, Guatemala and China. Rain was in the forecast, and sleeping bags would do little to make the dirt floors more comfortable. But discomfort was exactly the point.

“The more you do without in this

experience, the more you'll get out of it," said Sarah Miles, a volunteer at Overlook who supervised the group's Global Village experience.

Participants planned their Global Village night and the rest of their activities themselves, with the goal of promoting teamwork and strengthening ties among the youngest generation of Heifer program participants.

"We wanted a chance to share what everyone experiences with their own Heifer projects," explained Andy Duong, 16, of Winnipeg, Canada.

A similar event was held at the Heifer Ranch in Perryville, Ark., July 31 through Aug. 5 for 15 Heifer youth from the southern part of the United States.

Many of the teenagers who participated had little in common besides their affiliation with Heifer. Some were from families that had received livestock from Heifer, while others earn pocket change by growing and selling fruits and vegetables on small city lots that are part of Heifer's urban agriculture efforts in Brooklyn and Chicago.

"The goal was to give youth a chance to see what other groups are doing in other regions and to get a sense of a larger community," said Gus Heard-Hughes, a Heifer southeastern field coordinator based in Alabama who volunteered to help with the Perryville conference.

Education programs at both conferences taught participants about the benefits of locally grown organic food and family-owned farms.

"We wanted to prepare the next generation to engage in sustainable agriculture," said Julie Henderson, a field coordinator with Heifer's Prairies Program in Canada who traveled with Canadian conference partici-



Participants in the weeklong Heifer Youth Exchange in Massachusetts help care for baby rabbits.

pants to Overlook Farm.

Eighteen-year-old Neal Johnson came to Arkansas from Tohlakai, N.M., where he and his father work together on a Heifer project to replenish soil using chicken waste. Neal also spends much of his time caring for sheep and growing corn, melons and other crops. During his week in Arkansas, Neal fielded lots of questions about his projects back home.

"People here are really interested in the things I do every day," he said.

Seventeen-year-old Tanya Mercado came to Overlook from Brooklyn, where she helps manage a half-acre community garden. She hoped to pick up some new ideas to make the garden more productive. She also wanted to share what she's learned over the years as her community garden has expanded and improved.

While at Overlook, Tanya got a

taste of the rural life by helping to rebuild a chicken house, cuddling baby rabbits and learning how to card and spin wool.

A group of young urban gardeners from Chicago planned to take some of their newfound know-how back with them on the 21-hour bus ride home. The group works with an organization called Will Feed to grow healthy fruits and vegetables that are then given away free to people in the neighborhood.

Sixteen-year-old Sia McBride came to Overlook from her home in Montpelier, Vt., where she helps her family care for llamas and sheep. Farm life is nothing new to her, but she was glad to pick up more knowledge on sustainable food production.

"I like the idea of getting involved in world hunger and putting an end to it," she said.

Cousins Build on a Legacy

By Austin Gelder, HEIFER STAFF WRITER

The man who led Heifer International through its early years is a living legend among Heifer staff and supporters, but Thurl Metzger once told an interviewer he wasn't so sure his own family fully understood the work to which he'd dedicated his life.

So cousins Neil Metzger and Kevin McNamee hoisted hammers and power drills at the Heifer Ranch in Perryville, Ark., this summer to prove their grandfather wrong.

The goateed college students spent June and July framing walls and laying a tin roof on the wooden skeleton that will soon become the Thurl M. Metzger Education Center.

"We thought it would be cool to spend our time, put our sweat and blood into it and continue a legacy," said 20-year-old Kevin, a ballet dancer and anthropology major at the University of Utah in Salt Lake City. "I want to show him we understand what he's done, we respect that and we want to continue that."

The cousins decided to pitch in last winter when they visited the site set aside for the new 5,760-square-foot education building. Built largely with volunteer labor, the building is expected to be complete in June 2006.

It's taken time for Neal and Kevin to realize the impact their grandfather has had. Both boys remember wondering about the countless plaques decorating the walls of their grandparents' house when they were growing up, many of them written in different languages.

Over the years they've come to understand that those plaques were

gifts from people around the world who benefited from Heifer International animals and training. "I've always looked up to him and admired him," Kevin said. "He took a small idea and helped make it into an international organization."

When the cousins first signed on to volunteer at the Ranch they were assigned to lead tours and classroom sessions, an assignment they quickly traded in for the sweatier, more hazardous construction work.

The job requires them to be up and on the job before 8 a.m. They break for lunch at noon, and then are back at work at 2 or 3 p.m., depending on the heat. They each go through more than a gallon of water a day and fall gratefully into bed before 11 p.m. each night. It's an unlikely schedule for a college student during summer break, but one the cousins have embraced.

"It's awesome. This is what we want to be doing," Kevin said.

Spending two months on the Heifer

Ranch has given Neal and Kevin more than just new carpentry skills and suntans. The young men have gotten to spend lots of time with their grandparents, who live in Little Rock.

Neal grew up in Nicholasville, Ky., and usually visited his grandparents twice a year. Kevin grew up in North Carolina, New Mexico, Poland and Arkansas, so his contact with his grandparents was also limited.

This summer they visited their grandparents in Little Rock weekly. And 89-year-old Thurl Metzger came out to the Ranch on Father's Day and the Fourth of July to celebrate the holiday with his proud grandsons.

Thurl Metzger relies on a wheelchair now to get around and can't hear very well, but he's still plenty sharp. Neal and Kevin report that their grandfather is impressed by the rising building and is surprised at how big it is.

"He thinks they should name it the Thurl M. Metzger and Grandsons Building," Neal said.



Artist's rendering of the education building to be completed in June 2006.

Chicken Ambassador Goes Global

By Barb Justus, FREELANCE WRITER

Hank Sweeney, who began his “career” as the “chicken ambassador” of Adams Farm, is now known in his rural community of Wilmington, Vt., as an ambassador for people in need around the world.

Hank’s rise to success began last year when he was 7. He loved to visit Adams Farm, a tourist destination near his hometown. Hank has a special way with chickens; he’s sort of a poultry—not horse—“whisperer.” But he noticed that some visitors to the farm shied away from the plucky critters, so he came up with the idea of being Adams Farm’s first chicken ambassador.

“I asked Carl [Mancivalano, Adams Farm owner] if I could do it,” Hank said. “I’m really good with chickens and I just really like them.”

Hank’s interest in chickens led adult family friend Nicki Steel to suggest that perhaps Hank might like to purchase a flock of chickens for a family in need through Heifer. Steel has been involved with Heifer for years. But as Hank paged through the Heifer Gift Catalog with Steel, he stopped at the Gift Ark page and said, “That’s what I want!” Then he spotted the \$5,000 price

tag, and added, “Gee, that’s a lot of money!”

Steel said, “There was no way I was going to tell a kid like Hank that he shouldn’t try to help others in need, and I offered to help.” She added with a chuckle, “But I did point out that he was going to have to do more than recycle bottles to raise that kind of money.”

So Hank transformed himself into a one-man show for Heifer International.

Hank first reached out to the people of his church, Wilmington Congregational Church. Hank addressed the congregation about the need of families around the world to become self-sustaining and how gifts of animals could help them do so. The minister of the congregation, moved by Hank’s compassion, reminded the congregation that “the little child shall lead them all.” And so he did, winning their support as well as the support of the West Dover Congregational Church.

Hank set up a bake sale at the local grocery store. He organized toy drives with his friends. He sold Christmas ornaments at a craft fair.



Hank Sweeney’s interest in chickens helped raise \$5,000 for Heifer’s cause.

Hank made presentations at the Whitingham Lion’s Club, the Deerfield Valley Rotary Club and other civic organizations, all of which responded to Hank’s call generously.

The local newspaper eventually caught wind of Hank’s mission to raise a \$5,000 Gift Ark and published a story about him. The momentum grew.

Hank’s mother, Rebecca, said, “Everywhere we went, people were handing Hank handfuls of money. On the street, in restaurants. It

was incredible! His quest had taken on a life of its own.”

His friend Nicki and mother Rebecca cheered him on but made sure he did most of the work—including the banking. Hank opened a bank account at the Wilmington branch of Chittenden Bank. Branch manager Michael Posternak said, “We agreed to let Hank set up a collection jar in the lobby, and we figured he would get a couple of dollars each week. Frankly, I was worried he would be disappointed. But within a few months, Hank had raised more than \$2,000 in anonymous donations from customers at our branch.” The bank also made a generous contribution.

On June 26, 2005, only five months from when he started his quest, Hank handed a \$5,719 check to Heifer International. He hopes the additional \$719 can be used to help a trout fishing farm in Romania.

“Hank has learned a powerful lesson from this experience,” Steel said. “He’s learned that helping people in this complicated world is really so simple. If you have good news to share, people will respond.”

ENDING GLOBAL POVERTY: A Guide to What Works

By Stephen C. Smith
Palgrave Macmillan
Hardcover, \$26.95

Reviewed by Jan Cottingham
World Ark Editor



A seemingly simple question from a woman to her spouse prompted a journey of several years across several continents. That journey resulted in this invaluable book, *Ending Global Poverty: A Guide to What Works*.

A few years ago, Renee Jakobs, carrying a stack of requests for money from organizations working to end poverty in the developing world, asked her husband which she should respond to. Her husband, Stephen C. Smith, is after all an expert in economic development. Smith, professor of economics at George Washington University, heads the Research Program on Poverty, Development and Globalization and is the co-author of one of the primary texts in the field, *Economic Development, Ninth Edition*. He has been a Fulbright Research Scholar and a consultant to the World Bank and the U.N. World Institute for Development Economics Research.

But, he says in the preface to his book, “I didn’t know how to answer this question in a comprehensive way, as a development specialist. I knew the most rigorous studies published in professional journals—but there was no reason to suppose (and some good reasons to doubt) that the best programs had been subjected to the most rigorous research. So some of the best programs likely weren’t even known to most specialists.”

Smith himself conducted research, only to come to the conclusion two years later that he’d have to write his own book—“a guide to what works.” This is that book. Written for the lay person, *Ending Global Poverty* contains a minimum of jargon and a maximum of insight, personal observation by an expert and common sense.

Yes, Smith writes, charity rating groups can offer valuable guidance, but they have limitations (which the book discusses). Smith traveled around the world seeking and studying programs that worked. One of the programs that impressed him, in a slum in Lima, was a Heifer International project that he apparently stumbled upon by chance. He also notes Heifer’s Read to Feed Program and praises Heifer’s Study Tours. Smith, his wife and his church also have

given to Heifer over the years.

The result of Smith’s effort to answer his wife’s question is a highly readable, if slightly piecemeal, introduction to poverty programs that he found to be “effective, innovative, and promising.”

Statistics on poverty and hunger that, presented by another writer, might have proved to be mind-numbing are used by Smith to excellent effect. He doesn’t just recite numbers; through the use of verbal counterpoint he connects the numbers to the reality. A few examples:

- “Poverty is hunger. Some 17 percent of the world’s population is classified as undernourished, or suffering from chronic hunger.”
- “Poverty is pervasive poor health and early death. Every day, about 30,000 children in developing countries die from preventable causes—almost 11 million this year alone.”
- “Poverty is the loss of childhood. According to International Labor Organization (ILO) estimates, at least 180 million child laborers are either under 14 years of age or work in conditions that endanger their health or well-being, involving hazards, sexual exploitation, trafficking, and debt bondage.”

One particularly innovative poverty-alleviating strategy Smith describes is the use of the Roundabout Playpump, a device invented by Roundabout Outdoor. The Playpump is actually a merry-go-round for children that, through ingenious design, converts its spinning action into power to pump well water. While children play on it, the playpump provides ready access to clean water.

Ending Global Poverty offers more than knowledge; it lives up to its title by identifying and describing poverty programs that actually achieve their goals. Smith acknowledges that the book’s scope is necessarily limited, but writes that he expects “to continue with this effort indefinitely.” The book is useful not only as a guide to the charitable giver but also as a handbook of hope.

To read Heifer’s interview with author Stephen C. Smith, please visit www.heifer.org.

HUNGER: An Unnatural History

Sharman Apt Russell
Basic Books
Hardcover, \$23.95

Reviewed by Sherri Nelson
Heifer Staff Writer

In a unique and sweeping study of the many aspects of hunger, professor and author Sharman Apt Russell explores the personal choices, physiology, psychology, sociology and religion that affect one of the most common and primal conditions of living beings. Part history, part science and part personal perspective, Russell examines hunger as a disease, hunger as art, hunger as communication and hunger as chemistry. Her subjects are many: fasting, famine, obesity, anorexia, child hunger, world hunger, hunger strikes, hunger experiments, among others.

Russell opens her dialogue by discussing the body's basic needs and chemical reactions: We wake up hungry. We eat. We are satisfied. She introduces the premise that hunger is more than food to mouth. Citing Franz Kafka's short story "The Hunger Artist," Russell discusses the human fascination with—and revulsion toward—hunger.

She describes herself as a hunger artist when she first became a moth to hunger's flame—an interest and despair born from her umbilical connection to the universe, the birth of her daughter.

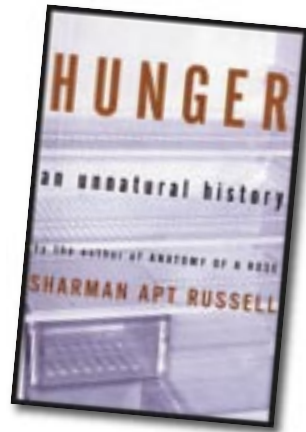
"A billion people in the world were hungry. My impetus did not seem to be about death, but birth. I was thirty years old and pregnant. A gate opened inside me with a neat and audible hormonal click ... I couldn't understand why children were dying because they had no food. I gave birth

to my daughter and she brought down my milk, and I fed her my body ... At the center of my life I fed the world, and yet children were dying."

Russell directly engages readers by describing the body's reaction to hunger. Eighteen hours without food and your brain signals that it needs glucose. Thirty-six hours without food and your body begins to reserve glucose and takes what it needs from muscle tissue. Seven days without food and your liver starts converting amino acids into glucose, using up the protein from muscle mass. The author reports in easy-to-understand detail the chemical processes of the body while deprived of food. She reports on a myriad of historic hunger studies from World War II to modern day.

Beyond the physical effects of hunger, Russell explores the social and cultural issues of hunger. She discusses the role of hunger in the religious ceremonies of Jews, Hindus, Buddhists and Christians. She explains hunger as civil disobedience, a way to right a social wrong as demonstrated by the fasts of people such as Mahatma Gandhi with his nine rules of fasts.

Russell devotes a chapter to hun-



ger and children. She also hits the high-level issues of famine and world hunger. She writes about the United Nations Millennium Development Goals. She quotes global thinkers on ending hunger and offers her own personal reflections on solutions to hunger.

"That's the big picture. Most of us live in a smaller one ... Most of us would be willing to do more if we had a structure that did not involve our own personal spending habits. We need economic and political systems that support the goals of the U.N. Task Force Against Hunger. We need leaders who insist that ending hunger is a priority as important as any of our other national concerns. If necessary, we need to educate these leaders: this is our moral clarity ... There is no excuse left. We do not have to give up the complexity and diversity of our lives to end hunger. We can have it all. Call us greedy."

Russell's foray into the complex subject of hunger is interesting, engaging and well written. The many and varied focuses can leave the reader a bit dizzy—the continuity suffers as she covers a lot of real estate in a rather small space. However, *Hunger* provides a broad and unique view of a somber subject, and it would be a good introduction to an important global issue for teen-aged students.

ORION MAGAZINE

Reviewed by Austin Gelder
Heifer Staff Writer

Since its first issue 24 years ago, *Orion* magazine has been the best-kept secret of the periodicals rack, an impressive one-size-fits-all publication for the coffee-house set that seamlessly tackles issues environmental, cultural and intellectual. *Orion* magazine has addressed such subjects well and in depth for more than two decades. Its circulation of 12,000 copies for Orion Society members and another 12,000 for bookstores and newsstands illustrates how small is the band of enlightened *Orion* readers, those either clued in or lucky enough to have stumbled on this multipurpose, award-winning publication.

The magazine is a product of the Orion Society, a nonprofit group whose mission is “to inform, inspire, and engage individuals and grassroots organizations in becoming a significant cultural force for healing nature and community.” To inform, inspire and engage are lofty goals, but this magazine, which won the 2004 Utne Independent Press Award for General Excellence, repeatedly achieves them.

The quality of the magazine makes sense considering the impressive roster of contributors and editors. The advisory board for *Orion* magazine is a star-studded list of top-notch writers, conservationists and humanitarians that includes renowned primatologist Jane Goodall and bestselling author and naturalist



Barbara Kingsolver.

The magazine and affiliated website, www.orionsociety.org, serve as forums where writers and artists push toward ideas that may someday result in a healthier, more humane, happier Earth. After reading an issue, I was surprised to be able to lift its 80 pages off my lap so easily. Dense with good reading and grounded by honest, eloquent, feet-on-the-ground writers, I expected the magazine to be much heavier than it was.

The bimonthly issues are packed with articles both entertaining and erudite, studded with thoughtful photography, poetry and visual artwork. The lack of advertising allows the editors at *Orion* to cram their publication full enough of substance that one sitting won't possibly be enough

to pick through it all.

The March/April 2005 issue, for example, explores the growing facelessness of American life and laments the bygone days before ATMs replaced real live bank tellers and a full tank of gas could be gotten only after actual human contact with the station attendant. Advisory board member and author Bill McKibben decries the act of casting around for the Earth's last dregs of oil when we should instead be focused on developing renewable energy technologies.

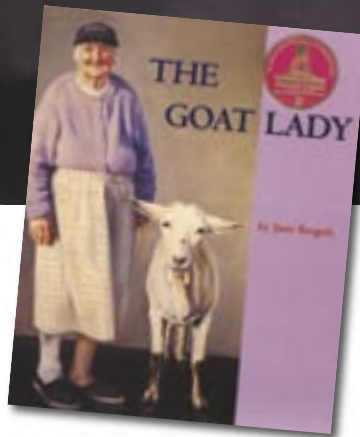
The corresponding website is easy to navigate and includes abbreviated versions of selected articles and links to some material that appeared in past issues. The site also includes some web-exclusive articles and artwork.

The newsstand price of \$7 is a bargain, especially since it doesn't even cover the cost to produce the magazine. It's subsidized by the Myrin Institute, the Orion Society's mother institution, and by private donations.

And so, if you haven't read *Orion* magazine, haven't ever heard of the Orion Society and didn't know such a fine magazine existed, don't feel sheepish. But do get in on this smart, engaging and important magazine and website.



Jane Bregoli
Tilbury House Publishers
Hardcover, \$16.95



Reviewed by Austin Gelder
Heifer Staff Writer

The quirky old farmhouse on Lucy Little Lane is causing lots of talk in Dartmouth, Mass. Neighbors complain of the peeling paint and the yard full of goats. A jogger claims a goose barreled out of the yard and chased him down the road. And no one knows much about the tall, white-haired woman who lives there.

This is the situation at the beginning of *The Goat Lady*, an excellent children's book by Massachusetts author and artist Jane Bregoli. Based on a true story, the book recounts how two children's curiosity and open-mindedness lead to the town's acceptance of a mysterious, kind-hearted animal lover.

The story is made all the better by the brilliant watercolor illustrations created by Bregoli, an elementary school art teacher and award-

winning painter.

Just as Shel Silverstein's *The Giving Tree* teaches about unconditional love and E.B. White's *Charlotte's Web* teaches about the power of friendship, *The Goat Lady*, a winner of the ASPCA Henry Bergh Children's Book Award, teaches children the importance of being friendly and open to people who may be different.

The story is told in the voice of the brother and sister who move in next door to the rickety farmhouse and introduce themselves to Noelle Houle, the woman who lives there. Captivated by her warm smile and the tender way she cares for her yard full of animals, the children return day after day. They learn that Noelle shares her nutritious goat's milk with others and has even donated goats to Heifer International so that needy families

far away could have goat's milk and cheese.

Eventually the children convince their artist mother to create watercolor portraits of Noelle with her animals. The works are displayed at town hall, and those who see them learn about Noelle's goodheartedness.

This heartwarming tale is packed with important life lessons. The young narrators enjoy a rich friendship with the Goat Lady only because they ignore gossip and reach out to someone who has been shunned by the neighborhood. The narrators' mother uses the power of her artwork to foster friendships and understanding. And by dropping their biases and putting their snobbishness aside, the townspeople finally realize what a giving and kind neighbor they have in Noelle.

THE HEIFER CALENDAR



CERES CENTER

Nov. 5

FALL FEAST

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

Year-Round

FIELD TRIPS

Learn about Heifer International and Ceres Education Center with a video, walking tour and hands-on experience.

GLOBAL VILLAGE

Get a taste of the realities of life around the world with this overnight experience.

MEETING FACILITY

Have your meeting or gathering "down on the farm" and learn about Heifer International's mission to end world hunger and poverty.

HEIFER RANCH

Dec. 2-3

LIVING NATIVITY

Experience the Christmas story at this free, drive-through event.

March 2006

WOMEN'S LAMBING PROGRAMS

Visit www.heifer.org for details and links to online registration.

PROGRESSIVE PROGRAMMING

FIELD TRIPS

(Pre-K and older; two-hour program)

Learn about the work and history of Heifer International and about how livestock improves nutrition and income.

GLOBAL VILLAGE FAMILY MEAL

(Fourth grade and older; three-hour program)

Learn how Heifer's project participants in other countries live and prepare a meal using their ingredients and techniques.

CHALLENGE COURSE

(Sixth grade and older; half- to full-day program)

Build teamwork and problem-solving skills and learn about world hunger and environmental issues with globally themed challenges.

GLOBAL EXPLORING

(Fifth to sixth grades; two-day program)

Learn how everyday choices affect our global community ecologically and culturally.

GLOBAL VILLAGE OVERNIGHT

(Sixth grade and older; overnight program)

Build problem-solving skills and learn how you can help your environment and the world.

SERVICE LEARNING

(Sixth grade and older; two-, three- or five-day program)

Through interactive learning, community building and work projects, learn how to serve others.

GLOBAL VILLAGE 2

(Ninth grade and older; three- or four-day program)

Immerse yourself in an experience that will connect you to the realities of poverty and hunger and to the global community.

ADULT WORK GROUPS

(18 years and older; five-day program)

Through interactive learning and work projects, learn the value of serving others.

VOLUNTEERING

(18 years and older) Learn, share and grow while becoming a vital part of our work to end hunger and poverty and care for the Earth.

CONFERENCE CENTER

Have your next gathering here, a peaceful place that encourages awareness, reflection and growth.

OVERLOOK FARM

Dec. 10-11

LIVING NATIVITY

A live Nativity presented hourly, international gift shop, sleigh rides, hot cider and more!

Feb. 5-10, 2006

PEACE AND JUSTICE HOME-SCHOOL CAMP

A residential camp for home-schooled youth, ages 12-18.

Feb. 28-March 3

GOAT-KIDDING AND MAPLE-SUGARING PROGRAM

Three-night program. Help deliver baby goats and enjoy maple-sugaring season on the farm.

March 4, 11, 18 and 25

PANCAKES AT THE FARM (9 A.M.-1 P.M.)

Enjoy a hearty pancake breakfast featuring our own pork sausage and see our maple-sugaring operation. Please call for reservations.

May 4-13

WOMEN'S LAMBING EXPERIENCES

Three three-night programs. Share in the lambing experience and learn about gender issues in world hunger.

Year-Round

DAY EDUCATION PROGRAMS

Full- and half-day education programs for groups include a video and tour and may include a meal in the Global Village, a hunger education session, a farm work experience and horse-drawn hayride.

MULTI-DAY SERVICE-LEARNING PROGRAM

Two- to five-day stays. Groups enjoy farm work, hunger and sustainable agriculture sessions and a Global Village overnight. Get a taste of the realities of life around the world.

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 rex.enoch@heifer.org or call (501) 907-2855.

Nov. 3-6

HEIFER U 201, HEIFER RANCH PERRYVILLE, ARK.

Feb. 9-12, 2006

HEIFER U 201, HEIFER RANCH

Feb. 23-26, 2006

HEIFER U 101, HEIFER RANCH

April 6-9, 2006

HEIFER U FOR TEACHERS HEIFER RANCH

April 20-23, 2006

HEIFER U 101, HEIFER RANCH

INFORMATION

CERES CENTER

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

HEIFER RANCH

Perryville, Arkansas
Ranch Events Office
(501) 889-5124 or
ranchevents@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

Where will we go in 2006? Heifer International is headed around the world, and we hope you will include us on your travel calendar. Give the gift of travel to someone you love or to yourself. The real gift is seeing people who have become self-reliant glow with pride as they show off what they have learned.

Who goes on Heifer trips? Individuals, couples, friends, youth, families, grandparents, grandchildren, educators. You should have seen a 90-year-old climb Machu Picchu in Peru!

Our Study Tour office works with our in-country offices to provide you with the best traveling schedules that also are the best times to visit our project participants. At times information is slow in coming, and changes are always possible along the way, but this approach allows us to honor the hard work and progress our project partners are making.

If our information is not complete when you inquire, you will be automatically sent new information as it becomes available. Send questions to the tour leader, if listed, or e-mail studytour@heifer.org. Please check our website for new trip information as well as updates.



2006-2007 STUDY TOURS

CENTRAL/EASTERN EUROPE

ALBANIA/KOSOVO—June 4-15

Tour leader: Suzanne Awalt
abicat@vfr.net
 (916) 624-8382

ROMANIA

Late May 2006

LATIN AMERICA/CARIBBEAN

GUATEMALA

Late October 2006

PERU

To be announced

HONDURAS

10-day program available for groups of 15 to 20 year-round, except December to mid-January

ASIA/SOUTH PACIFIC

CHINA—FALL 2006

THAILAND—FALL 2006

PENDING

CHENDGU, CHINA, TIBET, MONGOLIA Summer 2006

Heifer in collaboration with Nomadic Expeditions

MEKONG REGION

October 2006

A project that extends beyond national borders. This trip will focus on protection of natural resources to sustain the cultural heritage of the people along the Mekong watershed.

AFRICA

TANZANIA

Mid-June 2006

Intergenerational! Bring along a child and see Heifer through his or her eyes.

PENDING

KENYA—October 2006

Focuses on women and the effects of HIV/AIDS on communities.

ZAMBIA/MALAWI—May 2007

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-\$4,000

Central and Eastern Europe

10-14 days, \$3,000-\$4,200

Africa

17-24 days, \$4,000-\$5,500

Asia and the South Pacific

14-21 days, \$3,500-\$5,000

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.

Donor Defies the Skeptics, Puts Her “Trust” in Heifer

By Lynne Atherton

While drawing up a will, I realized I didn't want to wait until I was dead before setting in motion some substantial charitable giving. I decided to tithe (10 percent) on my portfolio—but had no idea how to go about it.

Janet Ginn, president of the Heifer Foundation, and I talked by phone about it, and then in person when she came to the Chicago area, resulting in



Lynne Atherton nuzzles a goat in 1988, during her tenure as the Chicago area representative for Heifer International. No stranger to helping animals, Lynne demonstrated her commitment to Heifer by once accompanying a shipment of goats and heifers on a cargo plane bound for Honduras.

a draft of a Charitable Remainder Unitrust (inelegantly abbreviated “CRUT”). It would pay me 5 percent (or 6 percent; I chose 5 percent) annually through my lifetime. At my death, a minimum of half the to-

tal would go to Heifer, the other half to five other charities I specified. The Heifer Foundation would oversee the full amount without charge.

My broker was skeptical. My CPA was skeptical (“Setting up trusts is terribly expensive!”). My attorney was skeptical.

I showed the full paperwork and figures to each of them, one at a time. It seemed that this territory was almost as new to them as it was to me, but each of them became a believer. While it's true I feel I ended up teaching them something, I want to record that it was also very important for me to have checked with them. We all learned a lot.

All along the way, Janet Ginn and her staff gracefully and helpfully fielded all questions. There was no pressure whatsoever. There was no such thing as a stupid question. And by the way, there was no cost for setting up the unitrust.

I don't miss the 10 percent I tithed. I received a whopping charitable deduction on my income taxes, spread over several years. I receive a check four times a year. Heifer is earning some money from my money already, with more to come.

It's a great satisfaction to be “passing on the gift” during my lifetime.



Lynne Atherton of Waukegan, Ill., and Frederick Chase, Jr. of Stowe, Vt., both Heifer supporters, together last year.

Lynne, a Heifer supporter since the mid-1970s, was the first Chicago area representative for Heifer International, serving from 1986-1990. Lynne still volunteers for Heifer.

SPREAD THE SPIRIT

Consider honoring loved ones this season with a Holiday Endowment of \$2,500 or more. The Heifer Foundation will invest your gift, and each year a percentage of the endowment will be used to send a farm animal to a hungry family. Also, your loved one will receive an annual holiday card for the rest of his or her life, a reminder of your love and the tremendous difference being made in the lives of families around the world.

Please call us today at (888) 422-1161, or e-mail us at foundation@heifer.org.

HOW TRUSTS WORK

In establishing the most common trust, a charitable remainder trust like Lynne Atherton's, you place property, cash or other assets in the trust and specify that regular payments from the trust be made to yourself or one or more other people for life. Or you also may choose to have the payments made from the trust for a specified period (up to 20 years). At the end of the trust period, the property remaining in the trust, called the charitable remainder, becomes the property of the charity or charities you have designated. The options—for example, using the payments to help pay for the care of a dependent parent or retirement or a grandchild's education—are many.

Benefits include:

- Providing a fixed or variable income for yourself or other people for a set time or for life.
- Delaying distribution of income until a child or other loved one reaches a certain age or another condition has been satisfied.
- Enjoying professional management of assets.
- Reducing or eliminating income, capital gains or estate taxes.
- Contributing to a charitable cause or causes that matter to you.

A trust is especially beneficial if the assets you use to fund it are not generating any or enough cash flow for you in their present form (real estate, for example). A final, important benefit: Heifer Foundation does not charge a donor any administrative fees if the foundation is designated the recipient of half or more of the remainder. Heifer Foundation staff members stand ready to answer your questions and work with you and your advisers on such arrangements.

(Please complete and return this reply form.)

Dear Friends at Heifer Foundation:

- ☐ Please send me more information on Charitable Remainder Trusts.
- ☐ I have already provided for Heifer in my will.
- ☐ Please send me a complimentary will kit.
- ☐ Please send me information on Planned Charitable Giving Seminars.

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

E-mail: _____

www.heiferfoundation.org
(888) 422-1161



Mail this form to:

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

A Legacy of Learning

By Youmna El-Sabaa

This summer, I traveled to Egypt, where much of my extended family lives. I had not visited for six years, and during my absence the elders in my family, including my mother, my grandmother and my grandfather, had passed away.

Although my mother had always told me stories about her childhood in Egypt, I really didn't know much about my family. My grandmother especially had always been something of a mystery. I had seen her only three times in my life, and I knew very little about her.

I knew that she was a wonderful cook, that she raised chickens and rabbits and had a one-legged duck. She made homemade pita bread in a stone oven on the rooftop, and when we admired her jewelry, she readily gave it to us, even when we protested. She was a sweet, giving woman.

But I did have a few memories, one of them of a time when we were alone together. We were sitting on the floor, where she did much of her work for our meals, and she was stuffing eggplant with rice from a big bowl. As Grandmother worked, she looked at me, and proudly and emphatically she said, "I raised all my children to be educated—every one of them."

I remember looking in her eyes, trying to understand her meaning. Her eyes looked sad, as they often did. Her small mouth was pressed. I knew she was trying to tell me something important, but I didn't know what it was.

When I arrived in Cairo this summer and saw my family, I was surprised at what a difference six years had made. Babies were now young children; some people were taller; some were balding and some were going gray.

I was different, too. For the first time, I spoke directly with my aunts and uncle rather than relying on my mother to relay information.

One day, I visited my cousin Yasmeen. She offered me cake and tea, and after we talked for a while, I said, "Tell me what you remember about Grandmother."

She replied with a question. "Did you know it was

Grandmother that talked Grandfather into letting your mother go to college? He said no at first. And when your mother went, the others were able to go too."

On another visit, my cousin Heba and I sat cross-legged on the bed listening to our children play in the next room. "Once," Heba told me, "Grandmother saw the next-door neighbor beating her daughter because she wanted to go to school instead of doing housework. Grandmother told that

lady, 'Never, ever beat your daughter for wanting to learn!' " Heba paused, and then said, "That girl is now a school principal at the school where I teach."

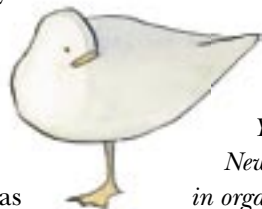
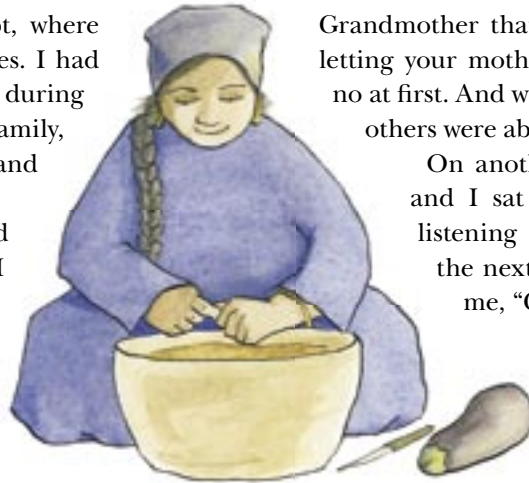
Children in my grandmother's small rural community in Egypt were unlikely even to finish high school. But all five of my grandmother's children—four girls and one boy—finished college. Two of them went on to get master's degrees. And when I was 4, my family left Egypt for New York, where my mother earned her doctorate from New York University.

As I considered the mystery of my grandmother, the meaning behind her emphatic words to me so long ago became clear, as clear as what she had left unspoken—that she herself knew only how to write her name.

My grandmother, an illiterate homemaker, had been determined to leave a legacy of learning for her family. Her passion for the education that she did not have had meant better lives not only for her children, but for her grandchildren and beyond. She was more than sweet and giving; she was my first advocate.

And now, Grandmother, because of you, I am able to write, though you were not. And now, Grandmother, I understand, and because I understand, I can thank you.

Youmna El-Sabaa is Heifer International's New Media Producer. She holds a master's degree in organizational communication.



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Arpillera, 3D textile art from a Peruvian women's coop. Photo courtesy of Crossroads Trade, www.crossroadstrade.com

Right now, many children and families are hoping for an opportunity to improve their lives and move out of poverty. By joining Friends of the Ark, Heifer's monthly giving program, friends like you can help them realize the dream of self-reliance.

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