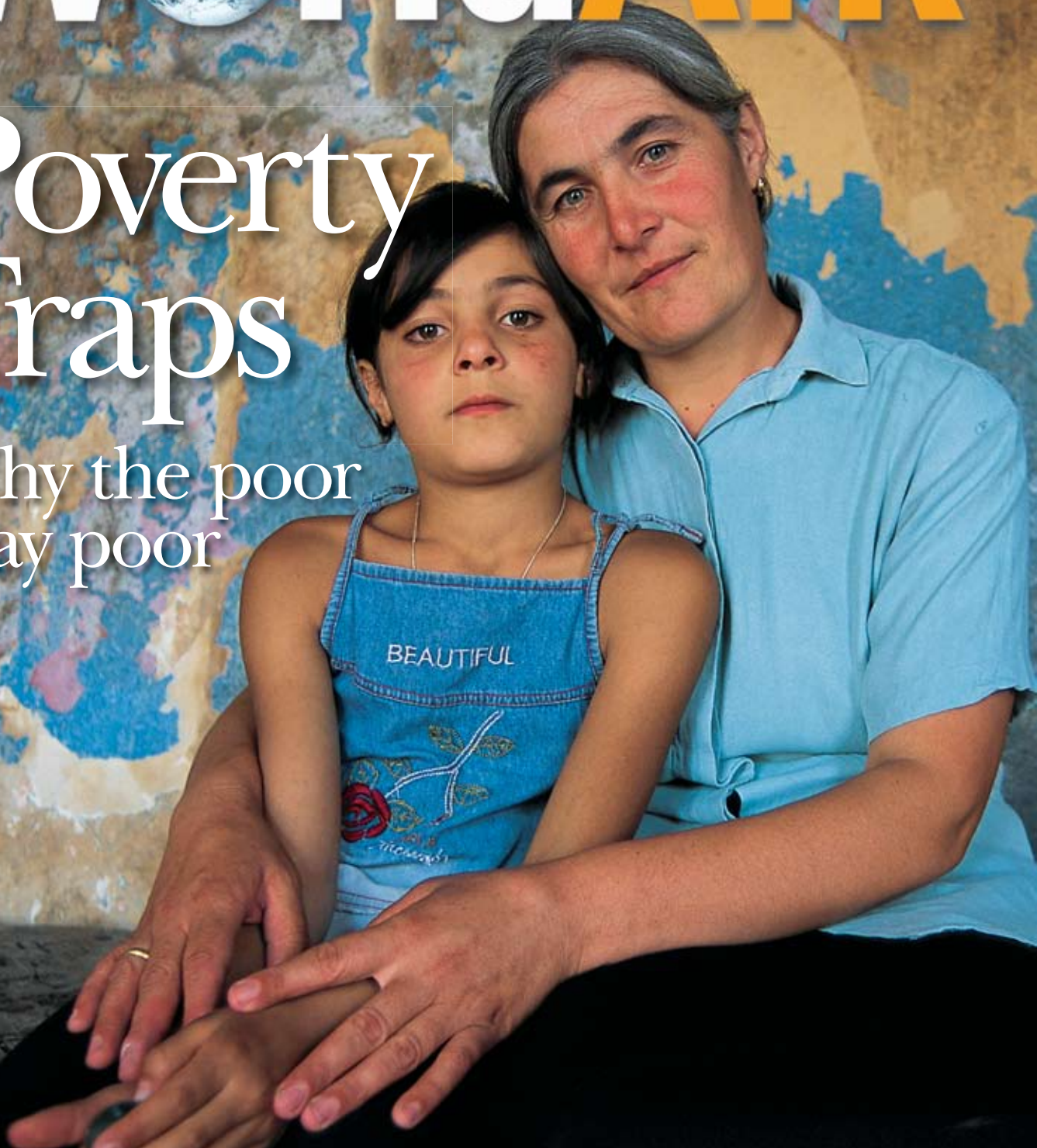


ENDING HUNGER ■ SAVING THE EARTH

WorldArk

Poverty Traps

Why the poor stay poor



JULY/AUGUST 2006



NATURAL REMEDIES
LIVING MEDICINE
FOR LIVESTOCK

A HOME FOR HOPE
HEIFER'S NEW
HEADQUARTERS

Dear Friends ...

By Jo Luck
President and CEO

Today, we
all become
leaders
in hope.

What does it mean to be a leader in hope? During the Heifer International World Headquarters building dedication, I was renewed and inspired as I listened to some of the premier champions of the world's poor, sick and hungry.

Former President Bill Clinton and Professor Jeffrey Sachs, Director of the Earth Institute at Columbia University, brought to life the message of hope and healing needed by millions of people with whom we share our planet. President Clinton described Africa, a continent that faces the highest poverty rates not to mention an AIDS pandemic, as the most hopeful place in the world.

Africa—more hopeful than any other place? How can this be? I know the answer. It's the spirit of the people, not just those living in Africa, but of all people who work together to make a meaningful difference for Africa's future.

President Clinton also shared an important lesson that he learned in childhood. He said that intelligence is evenly distributed throughout the world, and that the poor work as hard, if not harder, than the rest of us. He explained, however, that what is not evenly distributed is opportunity.

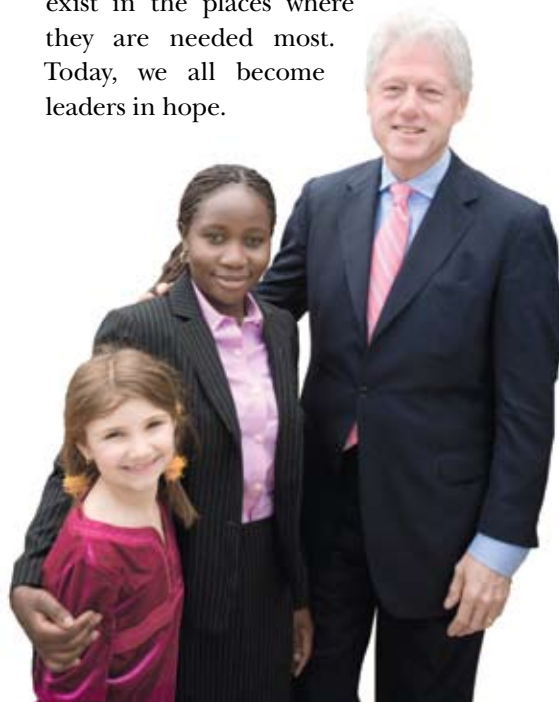
Jeff Sachs reminded us that in the face of the tremendous challenges of hunger and poverty, we must remember hope is not lost—we can end both in our lifetime. He described what is necessary to accomplish this goal: the public sector, academia and private hands must unite, right here, right now, to solve global problems and to promote peace.

Listening to these great leaders of hope was indeed a privilege. But perhaps

even more inspiring were the stories of Tererai Trent, a remarkable woman born in an impoverished village in Zimbabwe who overcame seemingly insurmountable obstacles and made her own success, and that of Ellie, a seven-year-old from Georgia (seen below with Beatrice Biira and President Clinton) who is already working hard to make a difference. Today, Tererai is Heifer's deputy director of planning and evaluation. And Ellie, who asked her parents for a cow as a pet when she was only three years old but instead learned how much a cow could help a family in need, recently raised \$5000 to support Heifer's mission. These, too, are the amazing leaders in hope.



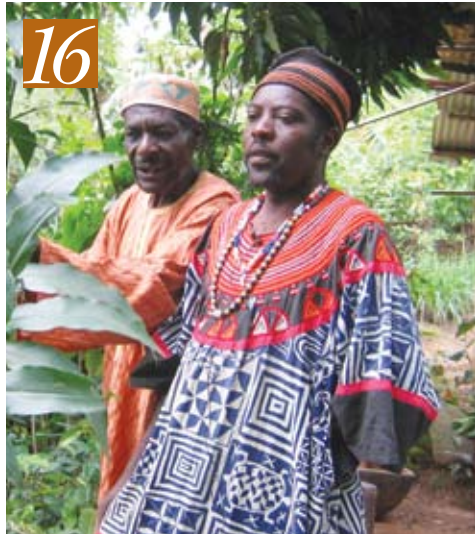
Every year, millions of children are born. Not one comes into this world sad, or hateful, or hopeless. But too many are born hungry, sick, impoverished and without opportunity. In the spirit of Tererai and Ellie, as we look at the world's poor and offer our hands, we ensure that hope and opportunity can exist in the places where they are needed most. Today, we all become leaders in hope.



PREVIEW

WORLD ARK
JULY/AUGUST 2006

“The need is great, but the power to meet it is now equal to the need. It just remains for you to step into the breach.” — President William Jefferson Clinton



6 Poverty Traps *Why the Poor Stay Poor*

By Stephen C. Smith

Poverty is not the fault of the poor. Disease, lack of education, debt and other traps often keep the poor mired in a cycle of suffering. George Washington University Economics Professor Stephen Smith is the author of *Ending Global Poverty: A Guide to What Works*.

16 Natural Remedies *Living Medicine for Livestock*

By Lauren Wilcox

Ethnoveterinary medicine—the use of indigenous plants and knowledge to treat livestock—has been used by small farmers for ages. Heifer is helping preserve and expand this affordable, effective practice around the globe.

22 A Home for Hope *Thousands Celebrate the Opening of the Heifer International Center*

By Austin Gelder, Heifer Staff Writer

Bill Clinton and Jeffrey Sachs were among the luminaries at the March opening of Heifer’s new headquarters in Little Rock, Arkansas.

Cover: Nugheli Janashvili and her youngest daughter, Tamara, from the village of Akhalosopele, Republic of Georgia.
Photo by Darcy Kiefel

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“Tinogona” by Tererai Trent, Heifer deputy director of planning and evaluation

Q&A, July/August

When given the choice, do you buy local produce and, if so, why?

I go out of my way to buy local produce by belonging to a community supported agriculture group and by going to the farmers' market. Here in Minnesota, the season for fresh produce is short, so between mid-November and mid-May there isn't much local that is available.

The St. Paul Farmers' Market runs all year long, though between November and May the market is only open every other Saturday morning, and the food products are meat and cheese. I only go to the market in winter when I am looking for something specific, such as a bison shoulder roast. Meat isn't produce, so this doesn't apply directly to your question.

I like buying local produce because it is fresher and healthier. At both the farmers' market and the CSA, produce is picked that morning or the day before. Even when there is no organic certification, the CSA is definitely organic and most of the market produce is organic as well, which is healthier for me the consumer, and for the earth.

Buying at the CSA and the market means that

my money goes directly to the people who produce the vegetables I eat. The farmer benefits by getting more money for her labor. I benefit because prices are often lower for produce.

Especially at the CSA but also at the market, I get a wider variety of produce than I could find at a supermarket. Some things, such as brussels sprouts on the stalk could be available at a high-end market. The Asian vegetables grown by Hmong farmers would only be available at an Asian supermarket. Heirloom tomatoes and unusual squashes or eggplants aren't available anywhere other than my CSA.

Freshness, economy, health and variety are the reasons I choose to buy produce direct from the farmer, when that option is available.

Katherine DuGarm
St. Paul, Minn

My wife and I regularly eat locally grown food from a nearby farmers market, as well as from our own garden and orchard, because it is fresher and tastier than commercially grown food brought in from a distance. For those reasons it is probably also healthier. Generally it is not organic, because we and the local farmers use pesticides. But why consider that?

There is no good evidence that any of the available genetically modified foods, or foods on which pesticides have been properly applied, are in any way harmful. We don't put any premium on the label "organic."

John E. Tanner, Jr.
Idaho Falls, Idaho

Q&A, March/April

Do you know what "fair trade" means and, if so, do you seek to buy Fair Trade Certified goods?

As someone who has worked in the specialty coffee roasting, wholesale, and retail industries for 35 years, I have an evolved skepticism about the misuse of the term "Free Trade", as well as other catch-phrases common in our industry, such as "certified organic" and "shade-grown".

While I believe that the term "Fair Trade" can be useful in drawing attention to the shameful and inequitable

prices paid to many coffee farmers, I fear that its use as a marketing device often masks the real problem of improving the economic well-being of coffee farmers; further lines the

pockets of unscrupulous marketers; and deepens the plight of impoverished farmers in many countries who are encouraged to grow inferior coffee in exchange for short-term, unsustainable economic benefit.

It is, after all, difficult to oppose something called "Fair Trade," which seems to imply benefit to the growers. Unfortunately, the opposite is often the case.

Coffee companies with which I am and have been involved seek high quality coffees on a sustainable basis. Although these practices gain little attention, farmers can and do receive a substantial premium for growing excellent coffee. This premium varies by country and organization of production, but can range from as little as 25 percent to as

high as 200 percent or 300 percent when compared the price commanded by inferior varieties in adjacent or nearby plantations.

We have worked with co-ops in Tanzania, Kenya, Nicaragua and other countries, and individual farmers and fincas in Costa Rica, Indonesia, Papua-New Guinea and other growing areas. The common goal, one that benefits both



the grower and the roaster (not to mention the ultimate customer, the coffee-drinker) is to bring to market the best possible coffee. The premium paid to the grower is enormously important to him or her; much less so to the buyer/roaster, for whom it is only one of many costs in bringing the coffee to market.

Sustained, high-quality production ensures that there will be a continuing demand, at highest prices, for the best coffee. Capital becomes available for investment, production improvements, and higher wages and benefits. Stability, natural growing methods, and pride of product are encouraged. Quick-fix, high-yield techniques designed for short-term economic benefit are discouraged through natural market forces.

Admittedly, these efforts are not customary in large-scale agribusiness, or bureaucratic governmental agriculture administrations, where economic forces and growing practices seem to encourage low prices, low quality, speculative trading, and instability. But I don't think by merely slapping a "Fair Trade" label on such products will necessarily benefit anyone except the food conglomerates.

Grape farmers in the

Haut Medoc don't need to worry about "Fair Trade" labels. Customers know that the high price of a great Bordeaux is determined by the quality of the grapes, and the care in production that follows. Ironically, the prices for such wines may have been inflated disproportionately to the quality of the product. That's a problem we would all like to see in coffee-growing.

Gordon Bowker
Seattle, Washington

In his "Free Trade Fair Trade" article, Joseph Stiglitz says unrestricted free trade is a "fundamental doctrine in modern economics." His only reservation about it is that developing countries need to be careful in accepting free trade too quickly and without some restrictions.

This seems to be a sensible policy. But in the long-term interests of rich and poor countries, our current knowledge about global warming means there is another aspect of unlimited foreign trade that should be taken into account. The world now accepts almost unanimously a belief that mankind's use of fossil fuels with its emissions of carbon dioxide will bring about in this century, a disastrous global warming. All international transpor-

tation of goods uses energy derived from fossil fuels whose burning emits the carbon dioxide which is the chief greenhouse gas causing global warming.

A 1993 World Watch booklet reported that at that time 4 billion tons of freight was being shipped by ocean freight and 17 million tons were going by air. This was using 18 exajoules of energy, which by my calculation, means we are burning 20 million barrels of petroleum products a year in this transportation.

This is not a big number compared to our total use of petroleum but as trade increases and our use of petroleum decreases it will be an important factor.

John Burton
Washington, NJ

Q&A

What do you think is the greatest obstacle to ending poverty? Why?

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.



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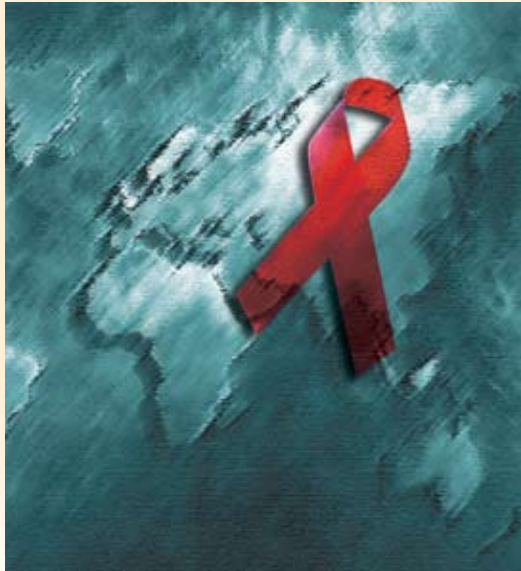
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Heifer International publishes *World Ark* bimonthly for donors and friends. Heifer has helped millions of impoverished families worldwide become more self-reliant through the gift of livestock and training in their care. A nonprofit organization rooted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



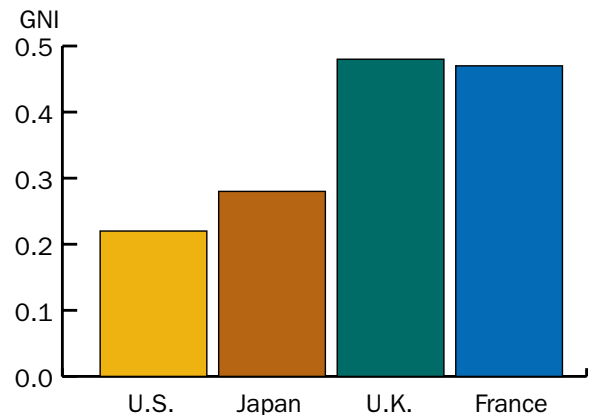
HIV/AIDS Numbers Rise in Southeast Asia

The World Health Organization reports that HIV/AIDS infections continue to grow at staggering rates in Southeast Asia. In 2005, an estimated 6.7 million people in the region were living with the disease. Of these, only 10 percent knew they were infected, and a mere 163,000 were receiving antiretroviral therapy. India, Thailand, Myanmar and Indonesia have the highest incidences of HIV/AIDS in Southeast Asia.

Other facts about the epidemic in Southeast Asia: Globally, India is second only to South Africa in the number of cases, with an estimated 5.1 million Indians infected in 2003. In China, approximately 70,000 new HIV infections are reported every year.

Government Aid Tops \$106 Billion

The Organization for Economic Cooperation and Development (OECD) reported that government aid to developing countries reached record highs in 2005, peaking at \$106.5 billion. Debt relief, especially in Iraq and Nigeria, and disaster relief contributions from the 2004 tsunamis greatly contributed to the increase. The United States gave the most, \$27.5 billion, which accounts for 0.22 percent of its gross national income (GNI); followed by Japan at \$13.1 billion (0.28 percent GNI); the United Kingdom at \$10.8 billion (0.48 percent GNI); and France \$10.1 billion (0.47 percent GNI). Although the United States contributed the highest dollar amount, it gave the lowest percentage of its GNI. To review a complete list of official development assistance in 2005, visit www.oecd.org.



Livestock Support Rural Families



According to the Food and Agriculture Organization (FAO), nearly 700 million impoverished people living in rural areas around the world depend on livestock to support their families. These animals help farmers earn income, improve nutrition and increase productivity. The FAO predicts that during the next two decades, the demand for livestock and livestock products in developing countries will double.

In 2001, the FAO's Pro-Poor Livestock Policy Initiative was implemented to help poor people act in their own best interests, and to help them share rights and responsibilities in agricultural production. The initiative encourages communities to work together, and helps protect the assets of those struggling to survive. To learn more about the FAO's Pro-Poor Livestock Policy Initiative (PPLPI), visit www.fao.org/ag/againfo/projects/en/ppipi/home.html.

Efforts to Reduce Hunger Work

Thirty-one countries succeeded in lowering hunger rates by 25 percent during the 1990s:

Angola, Benin, Brazil, Chad, Chile, China, Republic of Congo, Costa Rica, Cuba, Gabon, Ghana, Guinea, Guyana, Ecuador, Haiti, Indonesia, Jamaica, Kuwait, Lesotho, Malawi, Mauritania, Mozambique, Myanmar, Namibia, Nigeria, Peru, Syria, Thailand, United Arab Emirates, Uruguay and Vietnam.

However, only countries in Latin America and the Caribbean are reducing hunger rates quickly enough to reach the United Nation's Millennium Development Goal of reducing by half the number of the world's hungry by the year 2015. Countries in the Asia-Pacific region could also reach the goal if they slightly increase their progress. Download the full State of Food Insecurity in the World 2005 report at www.fao.org/documents/.



Natural Disasters More Disastrous to the Poor



Economic losses from all natural disasters that occurred around the world in 2004 totaled \$145 billion, with two-thirds of this attributed to windstorms and the other one-third to geological events, including the tsunami in South Asia. A disproportionate number of the world's poor lie on the frontline of exposure to disasters: Less-developed countries account for 53 percent of recorded deaths from disasters, even though they are home to only 11 percent of the people exposed to natural hazards worldwide.

—*State of the World 2006*, by the Worldwatch Institute

POVERTY



*“One quick way to gauge the poverty
of an area is to look at people’s feet.”*

—Stephen Smith

Y TRAPS

Why the poor stay poor

by **Stephen C. Smith**

Photos by Darcy Kiefel

Global poverty is the scourge and disgrace of our affluent era. Poverty leads to hunger, environmental degradation, illiteracy, disease, conflicts and terrorism—circumstances that can, and do, impact us all.

Ending hunger and poverty in our lifetime is a real possibility. The starting point is the awareness of these basic facts: The dimensions of extreme poverty are enormous, but an equal amount of progress has already been made. And although an end to global poverty is not inevitable, with a full commitment, we can end extreme poverty in one generation. We have only to follow through and adequately fund strategies that are already working, while continuously and carefully evaluating both new and old strategies and learning from their lessons.

continued on next page



NEPAL

Helping people to help themselves can really work, if the helpers meet the poor on their own terms and let the poor set the agenda.

Ending Global Poverty

Eradicating poverty is no simple task, and some people assume that poverty is the fault of the poor. I think part of the reason is that much of our understanding of how people actually get trapped in structural poverty and how such “poverty traps” work is rather new. Sometimes the idea of poverty traps is applied to problems of national stagnation, and local poverty traps in regions, villages and families are much more common.

In some places even potentially very talented people cannot pull themselves out of poverty, if they are mired in undernutrition, ill health, illiteracy, isolation and powerlessness. We should

remember that we are blessed in the United States with a very good climate and soil conditions for agriculture, and good social, political and legal institutions for facilitating commerce. And yet even in the United States, with its unique combination of great wealth, abundant resources, widespread education, and excellent geography and institutions, we still find people who have lagged far behind any reasonable standard for our country. We saw it in New Orleans after Katrina, and it can be seen in many rural areas and inner cities.

But there is hope. Poverty seems much more manageable that it did a couple of decades ago. Although counting the poor and estimating the depth of their poverty

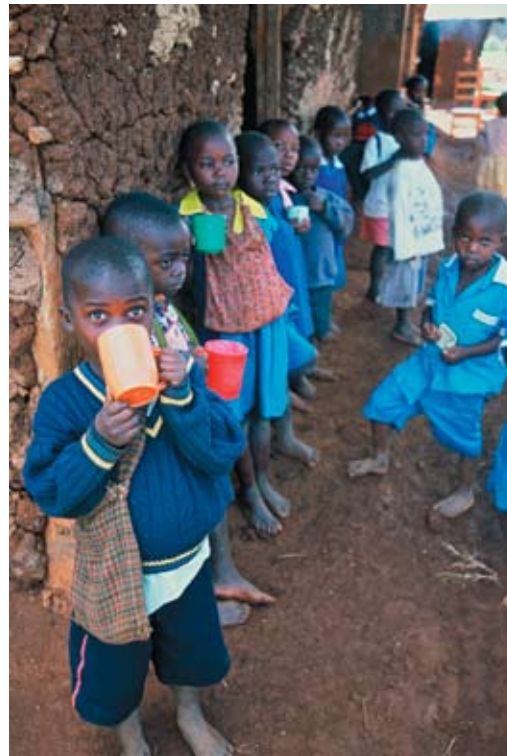
is extremely difficult and fraught with statistical problems, there is little doubt that the percentage of the world's people living on less than \$1 per day has fallen significantly since 1990. The experience in East Asia shows that ending global poverty is possible, but the experience in Africa shows that ending poverty is not inevitable.

Poverty Is...

Poverty is hunger. The United Nations Food and Agriculture Organization's (FAO) report "The State of Food Insecurity in the World 2003" showed that the number of people suffering from chronic extreme hunger increased during the last half of the 1990s by 18 million. This means that 842 million people in developing and transition countries are severely undernourished—three times the total U.S. population. This increase reversed what had been a steady drop over the previous three decades, a period in which the share of population in the developing world experiencing chronic hunger fell from 37 percent in 1970 to 17 percent in 2000, despite the huge population increase. There is still much more work to be done, but this long-term progress shows that hunger can be eliminated. The Hunger Task Force of the U.N. Millennium Project issued a report last year showing how we can still achieve the international goal of cutting hunger in half from 1990 levels by 2015—with concerted action.

The problem is not that there is too little food in the world. According to the FAO, 2,807 food calories per capita were produced worldwide in 2001, far more than are needed for everyone to be well-nourished. But we know that the answer is not to ship more food, except as an emergency response to famines and food crises. Instead, we must work to help improve agricultural productivity—especially among poor farmers in Africa. And, as a priority, we must work harder for increased income for the poor and for local food entitlements as a

safety net among the rural and urban poor. This includes supporting proven programs such as nutritional supplements for mothers and infants, as well as compensation in food or in cash for impoverished parents who must forgo income to send their children to school. For example it has been clearly demonstrated in southern Mexico, Bangladesh and elsewhere that paying poor parents to send their children to school and



SOUTH AFRICA

The World Bank estimates that more than 100 million children were unable to go to school in 2003. In this way, poverty is transmitted across generations.

to health clinics produces real results in breaking the cycle of poverty.

Poverty is pervasive poor health and early death. UNICEF's "State of the World's Children 2005: Childhood Under Threat" reports that every day, about 29,000 children under age five die from primarily preventable diseases, resulting in 10.6 million deaths each year. Many of these children die from dehydration from

Clearly, many of the hungry do survive, although often miserably. For children, the impact of malnutrition is catastrophic, and many face lifelong disabilities as a result.

Many poor people are deeply ashamed of their poverty, even when it is not their fault.

diarrhea caused by diseases that can be controlled with inexpensive immunizations.

Poverty plays such a central role in most health problems affecting people in developing countries that it has its own designation in the International Classification of Diseases: Code Z59.5—extreme poverty. But many programs to inoculate children and cure them of parasitic diseases have proven highly successful in Africa and elsewhere.

Poverty is the loss of childhood. According to the International Labor Organization, about 180 million child laborers are exposed to “work that is hazardous to children,” while “some 110 million children in hazardous work are

mates that in 2003 more than 100 million children did not attend school because of their poverty—thus depriving these children of the chance to escape poverty later in life. According to the United Nations Development Program, in at least 16 sub-Saharan African countries a child is more likely to die before age five than to attend secondary school.

Poverty is powerlessness. The poor lack access to real markets, which could offer a way out of poverty. Poverty is also the systematic exploitation, theft and abuse by the rich and by the government officials ostensibly there to help: the poor must pay larger bribes, as a share of their income, than the rich just to survive. It is the debilitating and deliberately caused psychological feeling of hopelessness and dependence on whatever minimal remuneration may be offered by a particular rich family in one’s sphere of life. It is the violence from within the family and without. It is the powerlessness to stop the things that hurt people and their families and keep them poor.

Extreme global *inequality* is also a problem. According to the most recent World Bank estimates, the average real incomes received by the one billion people in the high income countries are now 14 times those received on average by the 2.3 billion people in the low income countries. (They are five times higher than those in the middle income countries.) Within countries, inequality may undermine social cohesion and community development, keeping individuals from attaining the capabilities they need to escape from poverty.

Social exclusion is a poverty problem in its own right; in addition, the more unequal the distribution of wealth, the larger the fraction of the population that is unable to put up collateral for a loan, so fewer children can attend school and fewer businesses and microenterprises can expand. The likely result is not only greater poverty, but also slower economic growth, and transmission



GUATEMALA

Millions of child laborers work in dangerous and abhorrent conditions.

under age 15”; moreover, “seventy-three million working children worldwide are less than ten years old.” An estimated 8.4 million child laborers are trapped in slavery, trafficking, debt bondage, prostitution, pornography and other abhorrent conditions.

Poverty is the denial of the right to a basic education. Globally, almost 1 billion adults are illiterate. The World Bank esti-



NICARAGUA

of poverty across generations.

Across countries, there is a danger that rich and poor will become two worlds, separate and unequal, sowing the seeds of future international conflict, terrorist groups, global environmental destruction, spread of disease without regard to borders, and continued human misery among the poor. People in low-income countries know full well that the rich countries could do much more to help, but have chosen not to.

The Traps of Poverty

The term “poverty trap” is very evocative. The phrase reminds us that where there is a trap, there is likely to be a trapper. Indeed, poverty traps are all too commonly set deliberately by the rich to ensnare the poor.

Yet, the word “trap” also suggests that there is a way out. Indeed, there is—but like many traps, escape from poverty often requires some help from the outside. In fact, not all poverty at all times and places is a trap.

In some cases people can and do work their way out of poverty. But the poor become trapped when conditions of poverty perpetuate themselves and create further conditions of chronic “structural” poverty. Still, as hopeless as these traps might sound there are ways out of them all, and there are good programs working to address these problems.

Family child labor traps: If parents are too unhealthy and unskilled to be productive enough to support their family, the children have to work. In this way,

Despite their extreme poverty, communities are coming together, trying as hard as they can to pay for additional teachers so that their children can have a brighter future.



SOUTH AFRICA

Most of the poor are still rural, often living in remote areas.

poverty is transmitted across generations.

Illiteracy traps: Even if the family cannot—or will not—send their children to work, parents may not send their children to school because they cannot afford transportation, school uniforms or a modest school fee. If a family could borrow this money, the higher incomes received a few years later by their then-literate children could pay back these loans easily. But if the poor lack access to credit, they may not be able to get loans to finance otherwise very productive schooling.

Working capital traps: Micro-entrepreneurs can only afford a tiny inventory, so their sales are so meager that they are unable to purchase a larger inventory the next day.

Debt bondage traps: While credit is needed, the wrong kind of debt from

unscrupulous moneylenders can also be a trap. Colluding moneylenders can calibrate loan amounts and interest payments to ensure that a family can never get out of debt. Sometimes, the rate of pay for impoverished people working for their creditors is so low that it is insufficient even to pay back the interest they owe. Such is the plight of tens of thousands of low-caste salt workers in rural India. Although bonded workers are allowed to keep a subsistence income so that they can survive to work, as slaves used to be, essentially all the surplus is extracted by the moneylender in an endless cycle of debt. The non-governmental organization Free the Slaves estimates that there are 27 million people serving in debt bondage and related forms of effective slavery around the world today.

Information Traps: Impoverished day

laborers, housemaids and others among the poorest of the poor work long hours every day just to put one or two meals on the table. Even though existing alternatives may pay a higher wage, they have no time or energy to learn about what these occupations pay or how to work in them. Their current employers have no incentive to help them learn about better opportunities and may work to prevent it.

Undernutrition and illness traps: If an undernourished person is too weak to work productively, her resulting wage is too small to pay for sufficient food, so she continues to work with low productivity for low wages. This is an undernutrition trap—an extreme form of structural poverty found in famines and in deeply impoverished areas.

A similar vicious cycle can keep chronically ill, but treatable, people in the bondage of poverty. There is also growing evidence that poverty can trigger poor mental health, which in turn can perpetuate poverty. And poor shelter from severe weather such as monsoons can cause sleeplessness and prolong illness, reducing earning power along with the chance of affording better housing.

Low-skill traps: If there is no employer in the region who is seeking skilled workers for, as an example, basic manufacturing jobs, then there is no visible incentive for individuals to invest in attaining these skills. But if there is no workforce available with these skills, outside investors are not likely to invest in the region. Why do so, when they can go to other developing regions where these skills are readily available?

High-fertility traps: If everyone in a community is having many children, and there are few decent jobs to go around, then you too must have many children, or face the likelihood that no one—no child of yours—will have the means and the willingness to take care of you when you are too old to work.

If all could have lower fertility, all

might be better off. But how could you, a poor, powerless woman in an obscure village, possibly be expected to make such a change?

Subsistence traps: Specialization can be the key to increasing your productivity. But you can only specialize if you can trade for the other goods and services you need. If, for example, everyone in your region is



UGANDA

practicing subsistence agriculture, there is no one to sell to, and you have to remain producing for subsistence with perhaps a little trading on the side.

The alternative is to produce for more distant markets. But to do so, you must first know of them, must somehow get your product to these markets and indeed must convince distant buyers of its quality. Middlemen play a key role by vouching for the quality of the products they sell.

But without available middlemen that the farmers can sell to, they will have little incentive to specialize in the first place. The result can be an underdevelopment trap in which a region remains stuck in subsistence agriculture.

Stephen Smith visits an informal primary school's open classroom in Uganda.

Farm erosion traps: In farm erosion traps, the poor are so desperate for food that they must overuse their land even though they know the results will be reduced soil fertility and productivity the next year—and eventually even desertification.

In times of famine, some impoverished farmers are forced to eat the seeds they have saved from the last harvest for planting in the next sowing season. This is a metaphor

for the basic problem. Even though you know you are overusing your soil and that it will degrade if you do not rest it or plant less aggressively, the degradation happens at some point in the future. You have to grow more food today to keep your family from becoming badly undernourished. You are simply trapped into a cycle of poverty.

Any gains in productivity from learning new techniques are undermined by the

8 Keys to Capability to Overcome Poverty Traps

- 
- 1. Health and nutrition for adults to work and children to grow to their potential**
 - 2. Basic education to build the foundations for self-reliance**
 - 3. Credit and basic insurance for working capital and defense against risk**
 - 4. Access to functioning markets for income and opportunities to acquire assets**
 - 5. Access to the benefits of new technologies for higher productivity**
 - 6. A non-degraded and stable environment to ensure sustainable development**
 - 7. Personal empowerment to gain freedom from exploitation and torment**
 - 8. Community empowerment to ensure effective participation in the wider world**

poorer quality of soil. And while fertilizers and other land improvements might be a good investment by conventional calculations, they are of no help if you cannot afford them or cannot even get a loan to finance them. Again, the poor find themselves trapped by their poverty.

Common property mismanagement traps: Overfishing in lakes, unsustainable forest management and overgrazed land means that community management of common resources has broken down, often a legacy of greedy colonial practices, now all too often imitated by post-colonial regimes.

Once broken down, responsible use of shared resources is difficult to restore. Put in stark terms, someone in this predicament may think, “If I do not fish today even at unsustainable levels, someone else will catch those fish instead of me—either way, I will catch fewer fish tomorrow.”

Criminality traps: Youth without access to useful education and who see little future in legitimate work are drawn to gang membership and other cultures of criminality.

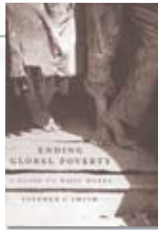
Emotional scars from the experience of violence reinforce this trend. The resulting fights, thefts and criminal activities then compound the community’s poverty trap by destroying assets, diverting resources to provide for personal and property security, and even taking the lives of able-bodied young men. Most of the victims are innocent, and most are poor. Worsening social and economic conditions draw more people into criminality, further reinforcing problems of poverty.

Poverty Is Not the Fault of the Poor

Many poor people are deeply ashamed of their poverty, even when it is not their fault. They commonly must endure daily mocking and humiliation for their circumstances. And they usually feel terrible that they are unable to provide adequately for their children. This inability

creates chronic feelings of hopelessness and anguish.

But from the study of all these poverty traps, we get confirmation that not only is poverty not the fault of the poor, neither are the things usually blamed on the poor, such as high fertility, the underlying cause of poverty—they are a result of poverty. But there are many examples from throughout the developing world of programs that work effectively and can be expanded with our help. The fact that ending global poverty is possible but not inevitable gives us a moral imperative for action. ✨



For more information about poverty traps and ways to escape them, read Dr. Stephen Smith’s *Ending Global Poverty: A Guide to What Works* or visit www.palgrave-usa.com/Catalog/product.aspx?isbn=140396534X.



Dr. Stephen Smith is Professor of Economics and International Affairs at George Washington University, where he is the director of the Research Program on Poverty, Development and Globalization.

*Smith has worked onsite in developing countries including Bangladesh, Ecuador, Egypt, India, Uganda and the former Yugoslavia. Smith’s next book, *NGOs and the Millennium Development Goals: Citizen Action to Reduce Poverty*, coedited by Smith, Jennifer Brinkerhoff and Hildy Teegen, will be released in 2007 by Palgrave Macmillan.*

Adapted from the book *Ending Global Poverty: A Guide to What Works* by Stephen C. Smith, copyright © 2005. Reprinted by arrangement with Palgrave Macmillan. Portions of this article originally appeared in the *Globalist.com*.

The fact that ending global poverty is possible but not inevitable gives us a moral imperative for action.



Nyongo Andre and Bobo Sunjong discuss the medicinal properties of plants in an “ethnovet” garden, which they rely on to help care for their livestock.

Natural Remedies: Living Medicine for Livestock

Story & Photos by Lauren Wilcox
FREELANCE WRITER

NEAR BAMENDA, CAMEROON—The garden tended by Boboh Sunjong and Nyongo Andre on a jungly hillside in Cameroon looks, to the casual observer, much the same as the tangle of undergrowth that surrounds it. But each plant and flower in this garden has been carefully cultivated for a reason: The garden is actually a living pharmacy that the neighboring community uses to treat its livestock. And Sunjong and Nyongo, as they lead visitors from shrub to shrub, can identify each plant by name.

The two men are participating in a project, supported by Heifer International, whose goal is to help standardize and share the wealth of knowledge that many small livestock farmers have about the medicinal properties and uses of indigenous plants.

Ethnoveterinary medicine, as the science is known, has long been used by small farmers around the world, primarily in rural areas where veterinary services and manufactured medicines were not available or were prohibitively expensive.

Now, with Heifer's help, farmers in Cameroon, Guatemala, Thailand, the Philippines, Indonesia, China, Nepal and other places around the globe have been meeting, exchanging seeds and treatments, and learning techniques for preservation and propagation from experts in the field.

Sunjong pulls down the frond of a glossy, palmate leaf and flips it over to reveal a dark red underbelly. "This is called red-back plant," he says, pointing to a hand-lettered sign pinned to its stalk, which he and Nyongso have prepared for the benefit of visitors. "It is used to treat anemia and excessive bleeding. It is boiled and prepared in a drink."

Sunjong moves up the path. "This is called 'wonders of the world,'" he says, patting another specimen. "It is used for ear problems, stomach problems, and it is also good for fractures." On he goes, reciting a litany of treatments that reflects the daily hassles and worries of any small-scale livestock producer: diarrhea—which he calls "purge"—in chickens, pigs, goats and cows; fresh wounds; worms; swelling.

Sunjong and Nyongso are storehouses of information about these plants and their uses. As in most communities that practice ethnoveterinary medicine, this information has been passed down by word of mouth from generation to generation.

The term ethnoveterinary medicine encompasses a whole spectrum of practices, from the plants and substances used to treat ailments to the techniques employed in animal care. It is more provisional and less systematic than the medicine taught to veterinarians at universities, and it has its drawbacks. Doses may vary or be hard to measure since chemical levels vary from plant to plant, season to season, and equipment and measurements may not be standardized—a "handful," "much," "as much as the animal can take." Not all plants are available year-round and may lose their potency when dried—or become more potent. Materials and techniques are often

improvised—one local remedy that Sunjong and Nyongso share involves using rabbit fur as a kind of gauze to quench bleeding. Such remedies can be cheap and convenient, but tend to be less effective, unsanitary and sometimes unavailable.

Remedies are sometimes linked with beliefs and superstitions, and can be more



Knowledge of local plants and their uses is often an oral tradition in a community, handed down through the generations. Nyongso Andre teaches his daughter, Esther, about the medicinal properties of plants in his garden.



Participants in the ethnoveterinary program in Cameroon learn techniques like pressing and drying to preserve and identify different plant species.

about ritual than about a cure. Most ethnoveterinary treatments do not work quickly, so they are not helpful for the rapid spread of infectious disease. And it can be a very local science. Ninety percent of the plants in Nyong and Sonjong's garden are indigenous to the area. This makes these remedies very convenient and inexpensive, but it also makes them difficult to share—plants that grow and work well in one area may be less effective when grown somewhere else.

There are distinct advantages to ethnoveterinary medicine, too. The remedies can be surprisingly sophisticated and effective. Many of the commercial drugs used to treat both human and animal diseases are plant-derived, and over the centuries farmers and herders have discovered the naturally occurring chemicals that serve to clot blood, stop

diarrhea and vomiting, relieve itching and swelling, and treat other common problems.

Ethnovets have also discovered simple solutions to healing wounds and bone fractures, invaluable to those who herd animals in the wild. And because ethnoveterinary remedies generally are cheaper and more convenient—critical concerns for the subsistence-level farmers Heifer helps—they help curb the casual use of antibiotics, which in turn reduces the development of antibiotic-resistant germs. Last but not least, the preservation of these plants for remedies helps preserve the environment and the biodiversity of the region.

Sharing the Knowledge

Unlike veterinary medicine, there is no formal textbook for ethnoveterinary

medicine; it exists largely in the heads of local herders and farmers. How, then, to catalog and share this knowledge?

In programs around the world, Heifer facilitates meetings with farmers and herders to begin standardizing and sharing local knowledge of plants and remedies. Heifer teaches basic preservation processes, like distillation, to extract and preserve the chemicals in the plants, and thus make them more readily available. Heifer field staff also teaches a bit about intellectual property rights, making people aware of the potential value of this kind of knowledge.

At a recent meeting in Bamenda, Cam-

There are distinct advantages to ethnoveterinary medicine, too. The remedies can be surprisingly sophisticated and effective. Many of the commercial drugs used to treat both human and animal diseases are plant-derived.

eroon, a few dozen farmers and herders met with Heifer staff to work on revitalizing the ethnoveterinary program there. In this area of Cameroon, the Fulani people, who have been nomadic cattle herders for centuries, know a great deal about natural remedies for diseases in cattle. Small



Nyongo Andre feeds a goat in the ethnovet pasture, which is surrounded by a species of plant that repels snakes.



A local herder tends his cattle at a traditional livestock market near Bamenda, Cameroon.

Large pharmaceutical companies are often quite interested in the practices of ethnoveterinarians, hoping that this local wisdom will lead to the discovery of drugs that are useful (and marketable) for both humans and animals.

farmers and livestock herders from the area also attended the meeting, learning from the Fulani and sharing their knowledge as well.

Several of the participants had brought plants from their gardens, and gave presentations on proper uses and applications. A livestock holder named Fozoh William described his cure for lice in chickens: Ferment palm wine for five days, and then spray the flock with it. Sunjong Joseph suggested date palm seeds as a cure for worms, by grinding them and adding to the animal's feed for three days. Tips were shared for inducing labor (jute leaves), curing brucellosis (a plant called kimbansha-anu), and curing "sexual weakness" (ripe guava fruits). Some of the remedies, the presenters noted, would be useful for humans, too.

In addition to information-sharing, one of the major goals of the conference was to establish a plan for improving livestock management in Cameroon using ethnoveterinary medicine. A five-year plan was established, with stages including: gathering information from herders and farmers, training herders and farmers in applied veterinary medicine, setting up nurseries in which to grow important species, taxonomically classifying the plants used in treatments, and conducting laboratory and field tests to validate remedies.

Conference participants also visited a nearby pharmaceutical factory, to see how plant essences are extracted using distillation and analyzed. At the factory, participants saw a sample of *artemesia annua*, a plant that is used to produce Malartin, a popular anti-malarial drug. This was an illustration not only of a plant that is useful for humans, but also one that is potentially quite valuable—one of the trickier issues in ethnoveterinary medicine.

Large pharmaceutical companies are often quite interested in the practices of ethnoveterinarians, hoping that this local wisdom will lead to the discovery of drugs that are useful (and marketable) for both humans and animals. Part of the goal of Heifer's ethnoveterinary program is to educate the farmers and herders in the basics of intellectual property rights, and to lobby for policies and legislation that protects their rights.

For the farmers and herders, who often

closely guard their traditional knowledge, passing it down from generation to generation, this is added reassurance that they will not be taken advantage of. “Traditionally,” says Sunjong, “this information is very secret. It is passed down through an initiation ceremony. But now, people are giving out this information in the hopes that it will be used properly and will be helpful to others.”

One of the biggest benefits of the program is that it helps farmers and herders understand that they are experts in their field and that their knowledge can be used to help others. For many of them, who have little formal education, this is the most important part. After the conference in Bamenda, one of the participants commented, “Ethnoveterinary medicine cannot be neglected. It will be a pride for us and for the program.”

Ethnovets, by keeping their traditional practices alive, are helping improve animal management, but they are also preserving their heritage and establishing their legacy. In Sunjong’s garden, the tour finishes with a look at his pasture, where he has planted “snakebite plant” in the corners to keep snakes away. Nyongo’s daughter, Esther, who has been learning the traditional remedies, appears and shyly explains the uses of a few plants, as the men beam. Nyongo gestures around the yard, at the tangle of carefully cultivated plants. “She knows almost as much as I do,” he says proudly.

Under the shade of a palm tree in the yard, Sunjong pulls out a coca seed and splits off a piece for a visitor to taste. “This garden really helps me. I can find what I need here,” he reflects. “If I don’t have money, I can still go get plants. It is immediate and free.” The visitor points to the tall, spiky, red-and-yellow flowers planted around the base of the tree. What, she inquires, is the purpose of those?

“Those?” Sunjong asks. He laughs. “Those are for decoration.” 🌿



ETHNOVETERINARY MEDICINE IN INDONESIA

Piten Purba, 49, has been a community animal health worker since 2005 in his native village of Siporkas. The most effective treatment for disease in livestock, he’s learned, is prevention. But when an animal gets sick, Purba said, he often turns to traditional medicine, or *jamu* as it is known in the national language of Bahasa Indonesia. One of the medicines is called *jamu ternak*.

Standing in the middle of the remote village’s deeply rutted dirt road, Piten proudly displays a thick gnarled plant stem he’s just dug up nearby—yellow ginger root. “We make *jamu ternak*, a natural medicine, by combining yellow ginger root, brown sugar, pepper and egg,” he said.

Purba displays the ochre-colored liquid in a discarded water bottle. *Jamu ternak* is useful for deworming animals, as a digestive treatment for livestock and as a way of helping chickens to lay eggs.

Yellow ginger root is also a natural antibiotic, he said. “I once used it to heal a cut on my arm.”



A HOME FOR HOPE:

Dignitaries, Supporters Celebrate Heifer International's New Building

By Austin Gelder HEIFER STAFF WRITER

THOUSANDS OF PEOPLE, a handful of goats and two horses gathered in the shadow of the new Heifer International Center this spring while Zimbabwe native Tererai Trent shared her story of poverty, transformation and hope.

Born and raised in sub-Saharan Africa, Trent knows well what it's like to cope with hunger and hopelessness. She grew up watching the boys scamper off to school while the girls stayed home to do chores. Her parents had little money and could not rely on the government to help them when they grew old, so they had to make a choice, Trent explained.

"There is no social security, so who do you invest in? You invest in the boys," she said.

But illiteracy and poverty were not Trent's destiny. Not after Heifer President and CEO Jo Luck visited Trent's village and encouraged the women there to chase their dreams. Trent went on to earn bachelor's and master's degrees in the United States and is now the deputy director of planning

and evaluation for Heifer.

Trent wants to use her success to help the many others who are still hungry and hopeless.

"As we are sitting here today, a great day, thousands of children are dying of poverty-related death. And tomorrow thousands more will be dying," she said. "I cannot imagine these figures."

At this celebration of Heifer's new home, Trent offered her own encouragement that poverty can be ended so that young girls can go to school along with their brothers and no one has to go to bed hungry.

"I would like you to go with one phrase, Tinogona, which means 'it's achievable.' It's achievable," Trent told the audience of roughly 2,000 people spread across the Heifer grounds, which will one day include the Murphy Keller Education Center and a global village in addition to the new 94,000-square-foot office building that sits directly east of the William Jefferson Clinton Presidential Center.

Trent shared the stage with an all-star

**"It's a great day in the fight against global hunger,"—
Jeffrey Sachs**



ending hunger
caring for the earth





lineup of local and international entertainers, clergy, thinkers and politicians including renowned economist Jeffrey Sachs and former President Bill Clinton. The vibrant, rousing songs and dances by the South African Soweto Gospel Choir matched the day's upbeat message that with teamwork, heart and perseverance, hunger and poverty can be ended.

"The greatest gift that Heifer International will bring to our state is a reminder to all of us in our own personal social conscience that blessed as we are, we owe something back," Arkansas Gov. Mike Huckabee said. "We cannot be simply receivers of the great blessings; we must also be givers."

Huckabee declared a special Heifer International week for his state and urged Arkansans to think about what role they could play in Heifer's mission.

"It's a great day in the fight against global hunger," said Sachs, the director of The Earth Institute at Columbia University and special advisor to United Nations Secretary-General Kofi Annan. Sachs said he was impressed after touring the eco-friendly offices designed to use half the energy of traditional buildings. The new building brings all Little Rock Heifer employees together under one roof, rather than dividing them among the three separate rented office spaces they were previously using.

"They were scattered all over," Sachs said. "Now, they're going to get even more work done."

Sachs is well-known for his model to end hunger and extreme poverty in two decades, and he said the work of Heifer and other non-governmental organizations will play a major role.

"The key thing is for people to feel this isn't hopeless," he said. "Can it really be changed? Is it really possible? The good news of this situation is that small contributions from us in the lucky, rich world can really make a difference."

During his extensive travels, Sachs has seen Heifer at work.

"In Africa, you turn every corner, go to every village and Heifer has been there. We're counting on Heifer for partnership."

Clinton also used his turn at the podium to focus on the benefits of partnership. "In a world where you have security problems and you can't kill, jail or occupy all your adversaries and some of them aren't even human, you have to have a world with more partners and fewer enemies and in a fundamental way, one by one, that is what Heifer does," he said.

So far, Clinton's post-presidency has been filled with humanitarian work to help victims of the 2004 Indonesian tsunami and to improve medical care for HIV/AIDS victims in Africa. He's seen much suffering during this work, but Clinton said that through the work of Heifer and organizations like it, poverty and hunger can become only a memory.

"The need is great, but the power to meet it is now equal to the need," he said. "It just remains for you to step into the breach." 🐄





World Ark Market

Heifer Books

A. ONE WORLD, ONE FAMILY BOOK

A picture is worth a thousand words...Bring the world to your family with this award-winning collection of inspirational quotes and photographs featuring Heifer International's projects and participants.

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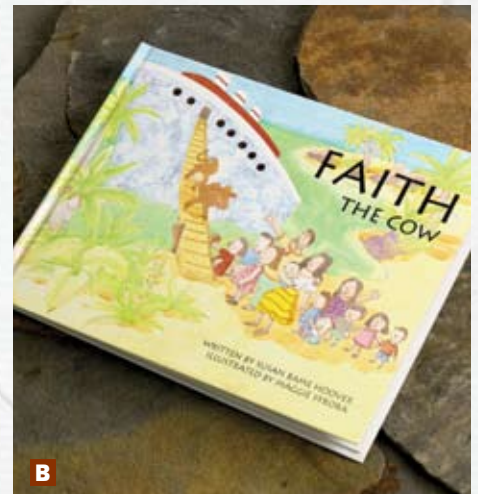
Share the story of Heifer's beginnings with the tale of how Faith the Cow brought hope and healing to families in Puerto Rico. Written by Susan Bame Hoover and illustrated by Maggie Sykora.

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C. BEATRICE'S GOAT

Teach your children about the world around them with *The New York Times* best-selling children's picture book *Beatrice's Goat*, a story about how the gift of a Heifer International goat changed the life of a little girl, her family and her entire community. Written by Page McBrier and illustrated by Lori Lohstoeter.

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When you buy this coffee, you get great taste and a chance to help Heifer end hunger and protect the Earth. Heifer teaches small family farmers in Guatemala how to raise crops in an environmentally friendly way, and these farmers grow the beans used in this coffee.



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Heifer's coffee mug is a daily reminder that it is possible to end hunger and poverty.

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 Handcrafted in Kenya. Ebony wood with batiked bone handles.
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U. ANIMAL NAPKIN RINGS
 Handcrafted in Kenya. African mahogany wood. Set of six.
#NK3005 \$25.00

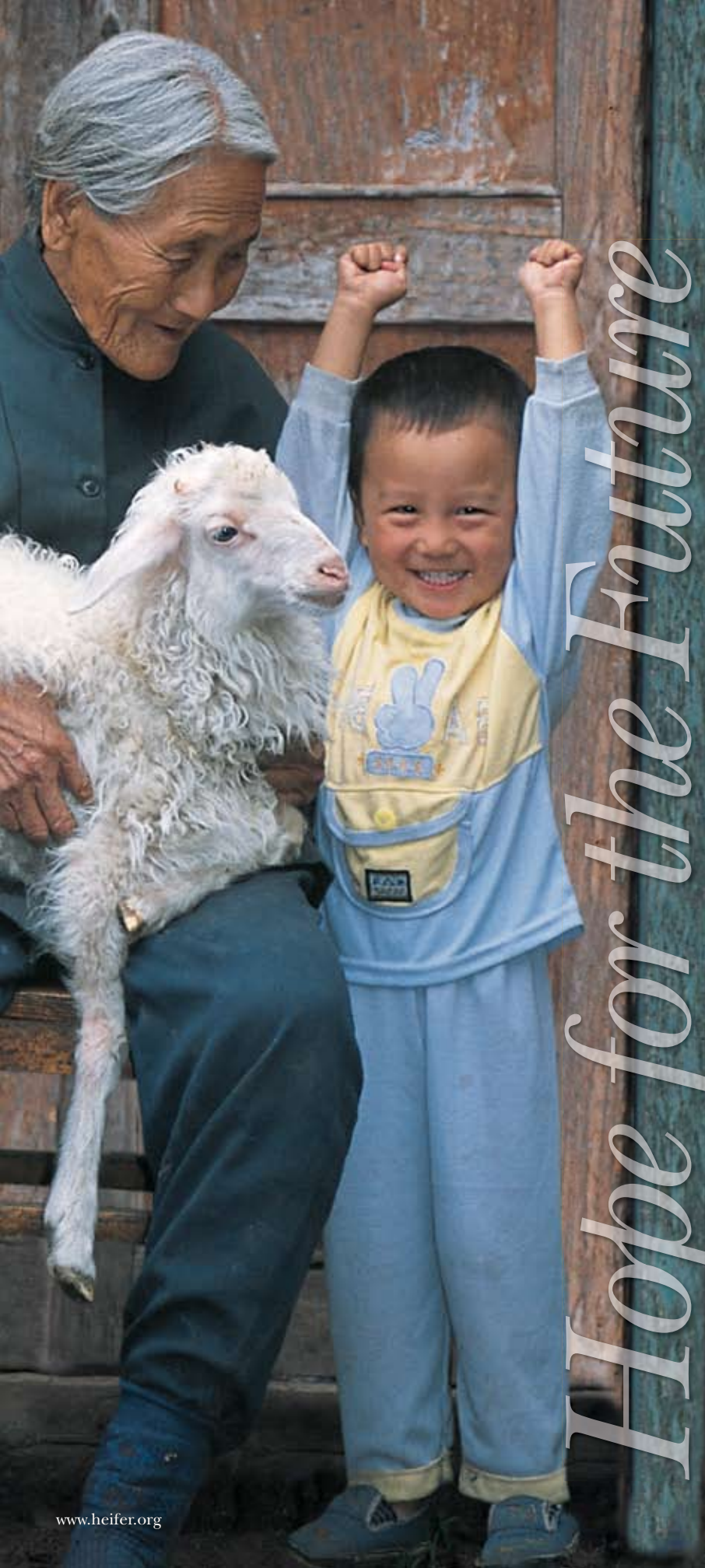
All featured crafts are from Jedando Modern Handicrafts, a Kenyan organization that works with local artisans. Carving is a tradition in Kenya, which is passed from parent to child. Jedando Modern Handicrafts provides sustainable incomes for generations and teaches the importance of reforestation.



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HOPE FOR THE FUTURE CAMPAIGN

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INTERNATIONAL

HOPE
for the
FUTURE
CAMPAIGN

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 men, women, boys and girls, to receive training in environmentally sound farming, improved animal management, gender equity and community development.

- And 2.6 million more families—12.5 million men, women, boys and girls—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 —toward 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.

Hilton Humanitarian Prize Winners Partner on Global Projects

By Ray White PUBLIC INFORMATION DIRECTOR



Heifer International and the Conrad Hilton Foundation sponsored “A Decade of Winners” roundtable, the first-ever gathering of leading international humanitarian organizations that have received the Conrad N. Hilton Humanitarian Prize. Participants discussed best practices, shared experiences and agreed to create prototype field partnerships to build on and extend current efforts.

During this meeting, the organizations issued a declaration announcing a groundbreaking initiative to expand existing partnerships and explore potential new global projects. Four members of the group already have existing partnerships and all participants identified new opportunities for collaboration. Each participant also agreed to attend Operation Smile’s



Students from the University of the Ozarks and the University of Arkansas at Little Rock attended the reception.

international youth conference this summer to deepen youth interest in humanitarian work. They will meet in October at the next awarding of the Hilton Prize in New York City.

Recipients of the Hilton Prize joining the declaration include: Partners in Health (Mass.), Heifer International

(Ark.), International Rehabilitation Council for Torture Victims (Denmark), SOS Children’s Villages (Austria), St. Christopher’s Hospice (England), Casa Alianza (Costa Rica), African Medical and Research Foundation (Kenya), International Rescue Committee (N.Y.) and Operation Smile (Va.).

“The Hilton Humanitarian Prize Winners Roundtable and partnership exploration provided a unique opportunity for a diverse group of humanitarian organizations to meet and develop effective strategies to combat global problems plaguing millions of people,” said Jo Luck, president and CEO of Heifer.

The Hilton Foundation was created in 1944 by hotel entrepreneur and business leader, Conrad N. Hilton, who left his fortune to the founda-

tion with instructions to help the most disadvantaged and vulnerable throughout the world. Along with its related entities, the foundation has total assets of approximately \$2.5 billion and, since its inception, has provided nearly \$450 million in grants to organizations throughout the United States and the world.

“The Hilton Prize was established in 1996 to recognize humanitarian organizations that are the most effective and innovative leaders in the humanitarian world and to encourage others to contribute to their good work,” said Judy Miller, vice president of the Hilton Foundation and director of the \$1.5 million Hilton Prize.



Ophelia Dahl, executive director of Partners In Health, Judy Miller, vice president of the Conrad Hilton Foundation, and Jo Luck, president and CEO of Heifer International, discuss opportunities for collaboration in field projects.

Joint Declaration of Hilton Prize Winners

Inspired by each others’ outstanding work alleviating human suffering, we today announce our shared commitment to expand current and explore collaborative projects that combine our dedication, passion and recognized competency in addressing humanitarian tragedies. We seek to inspire people everywhere to join us in supporting this historic effort to capitalize on the synergies inherent in partnership.

Before the fall meeting to award the next Hilton Prize, we will work together at the grassroots level in developing countries to explore new ideas for collab-

orative work in education, health and youth development. Specifically we intend to target improving health systems and training local humanitarian workers.

In addition, we will seek to develop educational materials to increase understanding among citizens of developed nations for solutions to problems in the developing world, especially to motivate young people to see how they can make a difference. The collaboration will be ongoing and expanded, and we will welcome participation by future winners of the Hilton Prize.

KEY PARTICIPANTS

Judy Miller, Prize Director
Conrad N. Hilton Foundation

Barbara Casey
Conrad N. Hilton Foundation

Edmund Cain
Conrad N. Hilton Foundation

Heather Paul
SOS Children’s Villages - USA

Nancy Haitch
International Rescue Committee

Kathleen Magee
Operation Smile

Juliemarie VanderBurg
Operation Smile

Richard VanderBurg
Operation Smile

Ophelia Dahl
Partners In Health

Dr. Joia Mukherjee
Partners In Health

Frances Kraus
St. Christopher’s Hospice

Desmond Jolly
UC-Davis

Lisa Meadowcroft
African Medical & Research Foundation

Jim White
Casa Alianza (Covenant House)

Brita Sydhoff
International Rehabilitation Council for Torture Victims

Jo Luck
Heifer International

Hilary Smith
Heifer International

Jim De Vries
Heifer International



AIDS orphans Geoffrey Okello and his younger sister, Zuula, care for their heifer, named Margaret in honor of their mother.

Ugandan **AIDS** Orphan Makes Life Better for Siblings

By **Judy Wollen** FREELANCE WRITER

JINJA WAILAKA VILLAGE, UGANDA—Geoffrey Okello dreams of finishing his education. He dreams of traveling far from his home in Uganda to explore the world and meet new people. He dreams of getting married and becoming a father.

But for now, 23-year-old Okello is too busy to see to his own dreams. Today, as he has done every day since his early teens, he cares for his five younger siblings. Okello feeds and clothes them, provides shelter and ensures they go to school. He works tirelessly from sunrise to sunset to earn the income needed for their family's survival.

Okello and his siblings are but a few of the estimated 15 million chil-

dren orphaned by the AIDS pandemic. In sub-Saharan Africa, nearly 26 million people are HIV-positive—more than half of the 40 million infected worldwide. Okello was only 13 when he first became aware of his parents' illness. By the time he turned 14, Okello was faced with the impending death of his parents.

"There was a time when I just looked at my father. His appearance showed me that he looked as if he had AIDS, and I started asking myself questions about whether he was really having a good life. He was losing weight. He was not in good conditions," he said.

Okello's mother began teaching him about AIDS and preparing him to

care for his siblings. He recounts his mother's words of wisdom:

"It's (AIDS) really giving people a blow within Africa and especially Uganda. You've got to be sure of your life. We know we aren't going to have much time with you. You are young, but we've got to groom you up as a parent."

After his father died in 1998, Okello began to worry about the loss of his mother.

"On the day he passed away, I felt like it was the end of the world for me...I thought, 'Oh, how can we go on just with our mom?'"

Okello continued in tears, "I just felt like also dying when he passed away. Not feeling so good, because

I thought of the future. I thought of my education. And how would our life move on like he was still around?"

Okello could not finish his education after his father's death. It was too much of a burden on the family. He explained, "When it came time to ask for tuition fees from my mom, I had my little money and mom was selling charcoal around. Because she was ill, everything was coming to a standstill. She told me, 'I have no money. I love you and I need you to be at school. What can we do?' I said, 'I love you too, but I don't have the money either.' Actually in Uganda when you don't have money from a private sponsorship, then you are out. So I had to come back home."

After Okello was forced to leave school because they could not afford the tuition, his mother died within the year.

"I knew each and every thing had ended," Okello said. "Oh, I felt so bad. Really, really, really. It really disturbed me for almost a year and a half. When I looked at the rooms in our house where my mom was, the picture came back into my brain. I felt like she was inside, yet she was not around."

Okello's grief was soon compounded by the fact that he now had to care for his younger siblings. He began a small business selling charcoal.

"Life was hard," he said. "We could hardly get things to use at home. School fees were a problem; having food was a problem. So I said what else can we do?"

Members of the community came together to help Okello's family and introduced him to Heifer International. After much training and preparation, he received a heifer, which has helped to greatly improve the family's nutrition and income. Okello devotes his days caring for the cow he named Margaret, after his mother. He also

learned how to raise squash, beans, papayas and other fruits on his land, which was once hard-packed red clay soil that was almost useless to grow crops.

Life is a bit easier for the Okello family these days, thanks to Margaret and the help of a community.

"Actually, ever since then (receiving the cow), I have felt so happy with my life. I have felt so good with my brothers and sister. I am feeling everything is fine for me. It's really making me to forget about the sadness of losing my dad and my mom. Actually, I think of my mom at times," said Okello. "But when I look at the animal and it's doing me wonders like paying bills, the water, the electricity, and making

us to start putting our home in a good condition like people who have money, I just feel like life is moving on and on, and it's good for me."

WORLD ARK ONLINE EXCLUSIVE

To read more about
Heifer's work in communities
struggling with HIV/AIDS
and to view an exclusive
photo essay by Darcy Kiefel,
visit www.heifer.org/hiv.



Geoffrey Okello learned how to care for his cow through training provided by Heifer International.

Hope and Help in Africa

Asked and Answered:

Efraim Kabaija, Chief of Staff to President Paul Kagame of the Republic of Rwanda

By Judy Wollen FREELANCE WRITER

Q: *What is the situation with resource-poor farmers in Rwanda?*

A: The portion of people participating in agriculture on a regular basis is 90 percent. It is almost entirely an agricultural country. Even the city is more than 50 percent agriculturalists. They are not doing agriculture full time, but they survive on it. They have to make a living by keeping a goat, a cow, bananas, fruit trees, cereal crops, root crops...about 15 to 20 different enterprises to make a living. In Rwanda, approximately 65 percent of the population lives on less than \$1 per day.



cow—it means they can get at least ten liters of milk to sell every day. That means, you give them a source for \$5 per day. An income that is beyond the ordinary reach of (the majority of) sub-Saharan Africans.

So, you are giving them a ready means of generating income, a fast and ready way for overcoming malnutrition, and also a better way to empower them to support crop production. Up to now, I hold that this is the most rapid means of production we can use. All these cows are kept under shelter so all the manure is conserved and put into the fields. It is the best way to fight poverty in the rural population of Rwanda.

Q: *Why use livestock with poor farmers?*

A: Livestock has multiple advantages in this country. First, malnutrition is rampant here. Many children under five are dying from malnutrition. Actually, the death rate is close to 35 percent and malnutrition contributes a lot to this. Thirty-eight percent of children under five here are under weight.

You find that in Rwanda, many children reach adulthood never having tasted or even seen milk. This is a thriving market for powdered milk from overseas. I thought, a cow is a ruminant. It survives on grass. Being an animal scientist, I felt the fastest and easiest way to overcome malnutrition in this country was to place a cow in the hands of these people. Basing on the Rwandan tradition, when someone is sick the first thing they look for is milk. I felt that if there were a few cows within each village, then I knew that the children and the sick people would be able to have milk.

It's the fastest way to get people out of the vicious cycle of hunger. You are empowering them. One liter of unprocessed milk goes for half a dollar—unprocessed milk! So for the peasants—when you put in their hands a

Q: *How has Heifer's program in Rwanda helped with the AIDS crisis?*

A: The level of infection in rural areas is about 3 percent compared to about 7 percent in urban areas. They (people with AIDS) die very fast when they are infected because they are malnourished. Their staple food is root crops. They are deprived of protein. So even if they have some medicine, they still need to boost their nutrition. If we can give them daily means of income to eat properly, it solves their problem by 90 percent. That's why you find that people infected with HIV get empowerment through medicines and food.

In the past, attempts have been made to try counseling and very strong drugs. Without food these drugs have serious complications. Without food, you find that people get worse and the drugs don't help them. So I find that this is the most appropriate means of help that you can give to people. The milk, they may directly consume. They will always take the morning milk to the market. The evening milk is for the family and the neighbors...a practice that has been going on in Rwanda for centuries.

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Peggy Notebaert Museum Honored with Ark Award

By Jaman Matthews HEIFER STAFF WRITER

The Peggy Notebaert Nature Museum, a Chicago institution dedicated to natural and environmental issues, recently received an Ark Award from Heifer International for its exhibit *Tsunami: Science and Hope*.

The exhibit, planned to coincide with the one-year anniversary of the devastating Indian Ocean tsunamis, was on display from the beginning of December 2005 through the end of January 2006 and represented a collaborative effort between the museum and Heifer. As part of the exhibit, the museum displayed images taken by Heifer staff depicting the rebuilding and revitalization of areas affected by the tsunamis.



People survey a fisherman's recent catch, hoping to purchase freshly caught fish. The tsunamis have devastated the local fishing industry, the primary industry of the region.



Over the past year, Indonesian families have been constructing new homes with the hope of living in permanent shelter once again.

The story is a familiar one by now. On the morning of December 26, 2004, an undersea earthquake in the Indian Ocean registering more than 9.0 on the Richter scale triggered a series of tsunamis that devastated maritime villages from India to Indonesia. More than 225,000 people in a dozen countries were killed or are still missing.

The worldwide outpouring of support and relief was immediate and tremendous. But as weeks passed, the cameras were pointed toward other tragedies, and other stories eclipsed those of the tsunami survivors and the need for ongoing relief work in the area.

Heifer's work is based on long-term involvement. In this spirit, Heifer

staff have remained long after the initial devastation ceased to be a hot topic, and they are still working with the victims to help re-establish their livelihoods.

"It was inspiring and humbling to see the survivors' determination to rebuild their homes and communities," said Michael Haddigan, Heifer's director of communications, after a recent visit to areas in Indonesia affected by the tsunami. "We would like to thank the Notebaert Museum for joining with Heifer to bring these images to a wider audience.

They serve as a much-needed reminder of the struggles still being faced in the region, but they also give us hope."

Bessie the Cow

“Moo-ves” People to Give

By Austin Gelder HEIFER STAFF WRITER



Sisters Katie Lee Lewis and Helen Lee Shull used the plaster cow outside their California boutique to help raise money for Heifer International.

Bessie the Cow leads a pampered life in Balboa Island, Calif., where she spends her time preening in front of the trendy Even Sisters boutique.

The weather there is warm year-round, but locals can tell what month it is by what Bessie’s wearing. Pastel hearts painted on her flanks? It’s close to Valentine’s Day. Antlers sprouting from her forehead and jingle bells around her neck? Santa must be on his way.

This fashion-plate plaster cow has become a mascot of sorts for this tiny island town of 2,200 people, and the owners of the Even Sisters boutique are making the most of Bessie’s fame to raise money for Heifer International.

During the winter, sisters Katie and Helen Lewis decided to give Bessie a more international look by decorating her with a world map design. They surrounded the statue with baskets of

brochures about Heifer’s work and hung a milk pail in her mouth where passers-by could drop off their donations.

“We raised \$1,000,” Helen Lewis reported. More importantly, they raised awareness about hunger and poverty. Many of the tourists who stopped by the shop took Heifer brochures away with them. This wasn’t the first time the Lewis sisters

have worked with Heifer. Katie Lewis worked as a Peace Corps volunteer in Ghana in the 1980s and saw firsthand what animals and training can do for a family in need.

“It was amazing to see the small things that can make changes in people’s lives,” she said. Since then, she’s given and received donations of Heifer animals for Christmas.

Helen and the other students in her watercolor class decided this year that instead of exchanging gifts, they’d pool their money for Heifer. Together, they raised \$500 to donate a cow.

The Lewis sisters say they will continue to support Heifer because of the simple, powerful idea behind its work.

“We love the philosophy that sometimes, all it takes to change someone’s life is a goat,” Helen said. “It gets the job done.”



Students Throw Their Support Behind Ending Hunger

By Austin Gelder HEIFER STAFF WRITER

Students at Unionville High School in Pennsylvania didn’t dodge the call to help the hungry. Instead, they found a way to have a ball while supporting Heifer International.

Unionville High senior Leah Volger was the mastermind behind Dodge Poverty, a dodgeball tournament in February that drew 192 participants and raised more than \$3,500 to help end hunger and poverty.

“Our goal was to make the community more aware of what Heifer is and how it works,” 17-year-old Volger said. “I’m a big believer in long-term development.”

In fact, Volger is such a big believer in Heifer that as a sophomore, she started a Heifer International club at her school. She first had to get permission from the school board and find a teacher to serve as an advisor. Then it was time to enlist members, which wasn’t easy back then.

“At first it was basically me badgering my friends to join. We had maybe six members,” Volger explained.

But she didn’t give up. Volger convinced school administrators to

(Continued on page 39)

Two Congregations, One Common Goal

By Jaman Matthews HEIFER STAFF WRITER

In New York City, members of the West End Synagogue have prominently and proudly placed their Ark Plaque in the lobby. The plaque recognizes the group for having raised at least \$5,000 to purchase one of Heifer International's Gift Arks.

Andrea Bardfeld, chairperson of the synagogue's social action committee, had witnessed devastating poverty while visiting eastern Africa and was determined to involve her congregants in positive change in the region. When the social action committee recently met to discuss making a donation to a worthy cause, Bardfeld saw her chance and asked a friend to investigate micro-loan programs. She explained that she was "intrigued by the life-long changes these very small loans can make."

After conducting its own research, the committee settled on Heifer and then discovered that several of the congregants knew of the organization and had already made their own donations. "We were told it was a wonderful organization," said Bardfeld.

The synagogue's values, it turns out, mesh nicely with those of Heifer. Central to Judaism, and to this project, is the idea of *tzedakah*, a word that means "to mend the world through charity." According to Maimonides, the 12th century Jewish rabbi and philosopher, the highest form of *tzedakah* involves giving to those in need, either in the form of a gift or a loan, so that they become self-reliant and no longer have to rely on handouts. This



type of charity does not merely fulfill a need in the short-term, but ensures a lifetime of well-being.

West End Synagogue selected a women's project in Uganda that will help over 2,000 families and collected donations from the members. They also educated members about Heifer and its mission. Most importantly, the project involves everyone, both young and old.

"We like the fact that [the children] can get involved themselves, giving small amounts of money for a chicken or a share in a larger animal, and that they can have the pleasure of truly making a difference," Bardfeld said.

Twenty-five miles to the west, another congregation has been recognized with seven Ark Plaques for its involvement in raising funds for Heifer.

For the past three years, Cynthia McChesney has led Christ Church

in Short Hills, N.J., in a Heifer holiday fundraising effort. The first year, she set a goal of raising \$1,000 for Heifer but secretly hoped to raise enough to purchase a Heifer Gift Ark. McChesney spent hours that first year making felt Christmas ornaments that the church's children then helped decorate with glitter and feathers. These were sold to church members for \$5 each and all the proceeds went toward "filling the ark." She also initiated a project to involve the young people. On a Saturday in December, during the height of the Christmas season, the church's youth offered a babysitting service for busy parents. The final amount raised that year—\$7,500, more than enough for an Ark—was announced by the children at the Christmas Eve service.

In the second year, the fundraising became a multi-generational effort, involving not only the



children and youth but also older church members. Employing similar fundraising techniques as the first year, the church managed to raise even more money for Heifer, enough

to purchase two Gift Arks. Last year, the third year of their efforts, the members of the church changed tactics and, instead of Christmas ornaments and babysitting, McChesney coordinated

an alternative gift market that allowed church members to select a gift from the Heifer catalog or make a donation without leaving their pews. The amount they were able to raise increased yet again to more than \$20,000.

“It’s great for children because of the animals,” said McChesney, telling the story of one young girl who saved up her allowance and donated all of it, \$100, to the church’s Heifer fundraising project. “It’s also great for parents with young children,” she said, because it returns the focus of the holidays to giving and stewardship.

The work that Heifer does, helping people help themselves is, according to McChesney, “the embodiment of Christian values.”

Dodgeball (Continued from page 37)

let her hold a school-wide assembly on hunger, poverty and relief work around the world. She showed photos of Heifer project participants and shared success stories. Afterward, she and her friends set up tables where students could take brochures to learn more.

“The message got out. They finally understood,” said Volger, whose club now boasts 68 members.

The club has held countless bake sales and car washes to raise money for Heifer.

“We are by far the most active club in the school,” she said.

But this was Volger’s senior year, and she wanted to go a step further.

“Before I left I wanted to do one last event that wasn’t just raising \$200. I wanted it to be big and involve the community,” she said. “Everyone in my school knows what Heifer is by now, but I wanted people in the



Leah Volger (in pink) with Chrissy, the cow girl.

community to become involved.”

It was easy to get students excited about a dodgeball tournament, especially when the winners would get to play a team of teachers and win prizes like a pizza party or box seat tickets to a Philadelphia 76ers game.

“We got the whole school really pumped up,” Volger said.

Teams paid a \$120 fee to enter, and more than 800 people paid admission to watch the tournament. Many of them bid on golf lessons and other donated prizes in a silent auction, and some even offered up more donations to a Heifer club member dressed as a cow. All proceeds from the donated pizza, pretzels and sodas at the concession stand went to Heifer, as well.

“It was huge,” Volger exclaimed. “It was the biggest fundraising event Unionville High School has ever had.”

Volger is a little sad about leaving the high school Heifer club that she founded, but she plans to stay involved.

“I’ll continue to volunteer my time for Heifer, and maybe I’ll start another club,” she said. “I’m a strong believer in the cause.”

FIELDS OF PLENTY

A Farmer's Journey in Search of Real Food and the People Who Grow It

Michael Ableman
Chronicle Books
Hardcover | \$35.00

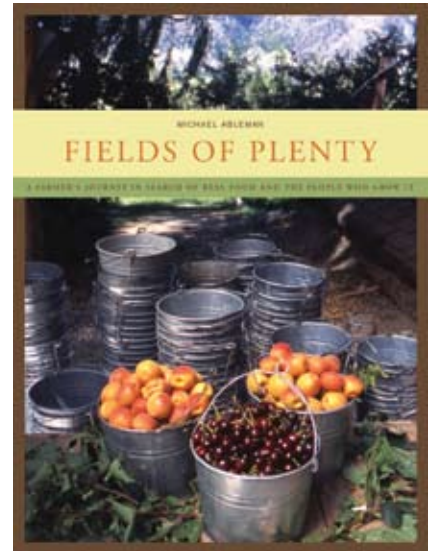
—Reviewed by
Jaman Matthews
Heifer Staff Writer

It would be easy to dismiss Michael Ableman's latest book, *Fields of Plenty*, as little more than one man's account of that classic American experience: the road trip. In the early days of summer, the author packs up his Volkswagen van and disappears down the endless back roads of America.

But Ableman is a farmer, and this is no ordinary road trip. It is, as Ableman says, "a pilgrimage—part personal, part political." Along the way, he will visit and dine with 25 independent farmers scattered across North America like outposts along an interstate processional route, arriving eventually at his childhood home in Maryland. The uncertainty that marks this voyage—what does the future

hold for the author and his family and, ultimately, for farming in this country?—lurks near the margins of each page. Coupled with a healthy dose of farmer's guilt for abandoning his fields in summer, this makes for an intensely self-reflective narrative. What results is one part travelogue, one part memoir and one part cookbook.

Ableman is a well-known figure in small-scale agriculture. For many years he was the managing farmer of Fairview Gardens, a 12-acre organic farm situated in heavily suburbanized southern California. Ableman wrote of his experiences on this farm, his accomplishments and defeats, in *On Good Land: The Autobiography of an Urban Farm*. His earlier agriculture-



related travels include a circumnavigation of the globe to photograph and document farmers and gardeners of many cultures, an undertaking recounted in the book *From the Good Earth: A Celebration of Growing Food Around the World*.

In *Fields of Plenty*, Ableman has set out to document farmers closer to home. He finds a myriad of farming styles and philosophies, each adapted to fulfill a local and specific niche. There are the very small (a 10-acre holding near San Francisco) and the relatively large (a 144-acre farm in Oregon's Willamette Valley); the better-known (Eliot Coleman with his four-season garden in Maine) and the obscure (a mother-daughter team from New Mexico); the rural and the urban; the successful and the failing. Disparate as they may be, each of these farms shares a certain contrariness, an individuality and thoughtfulness absent in the monolithic practices of modern industrial agriculture.

In addition to the collected stories and insights from the small-scale farm movement in this country—a sort of metaphoric “food for the soul”—the





author also offers up more literal gastronomic fare. Scattered throughout the book are recipes using the fresh ingredients available on the various farms. From a potato farmer in Oregon comes a recipe for hash browns. Winter root vegetables make the soup *du jour* at a Wisconsin farm. There are recipes for roasted chicken with rosemary from a Virginia poultry farmer, cornbread from a Mississippi transplant now living near Chicago and, as a fitting dessert in this sampler of American foods, apple pie with homemade ice cream from a dairy in Vermont.

Ableman is also an accomplished photographer with an artist's eye and a farmer's sensibilities. His color photographs sometimes tend toward

the quaint or picturesque, but the best of them are still and contemplative images of fields and farmers, often in the dramatic light of early morning or late evening.

The author at times writes with the exaggerated nostalgia that seems to have become *de rigueur* in contemporary writings about small-scale agriculture. But perhaps we can excuse Ableman this tendency. For this book is more than a simple travelogue recounting visits to quaint farms or the personal narrative of a man making an arduous pilgrimage in search of hope and home. *Fields of Plenty* offers us a preview of a possible future, one sustained by small farmers, and gives us the food to fuel the journey ahead.



Photographs copyright © 2005 by Michael Ableman

Harvest for Hope

Jane Goodall
Warner Books
Hardcover | \$24.95

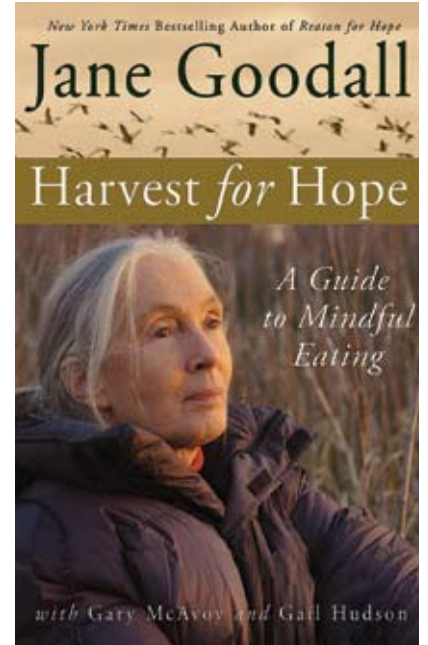
—Reviewed by
Sherri Nelson
World Ark Associate Editor

If you're the type of person who doesn't like to know what hot dogs are made of, perhaps you should skip this book. Because after reading *Harvest for Hope*, you will never look at food the same way again.

Although perhaps best known as the "Chimpanzee Lady," Jane Goodall has great concern for the state of

undocumented effects of GMOs on our bodies, our food and the Earth.

Farm chemicals seep into soil and waterways, weakening the immune system of dolphins and other aquatic life. They also cause birth defects in amphibians. Goodall also cautions that we do not know the long-term effects on our health or our land from using genetically altered food. And she



Eventually the soil becomes so completely depleted of nutrients that the farm's entire ecosystem is on chemical life support. It is a fearful, stressful form of farming. Perhaps this, at least in part, explains the surge in suicides among farmers since 1998. In the United States and Britain farmers are twice as likely to commit suicide as the rest of the population...In India in the late 1990s, there were massive crop failures and thousands of farmers committed suicide—many of them swallowed the pesticides they had used their life savings to buy, but which had not saved their crops.

global agriculture and people's lack of knowledge about the food they eat. In her latest book, Goodall unabashedly tackles controversial topics ranging from genetically modified organisms (GMOs), pesticides and animal factories to global corporations, school food programs and the worldwide water crisis.

Harvest for Hope is a study of how we have twisted one of the most natural things in the world—raising food and eating it—into something both unnatural and unhealthy.

Compelled to enlighten those who only have a hand-to-mouth relationship with food, Goodall discusses some proven dangers of agriculture chemicals and the scientifically

pulls no punches with section titles such as "Growing Food with Poison," "The Birth of Frankenfoods" and "Disease in the Slaughterhouse."

With great compassion, Goodall champions the plight of small farmers. She explains how monoculture and chemical fertilizers and pesticides have all but ruined the ecosystems of farms, and how this "modern" way of growing crops comes at the physical, financial and emotional expense of the small farmer.

Although a great deal of the subject matter is quite alarming, *Harvest for Hope* is not all pessimistic. As the title suggest, Goodall provides empowering advice about how we can make a positive difference—in

our eating habits, agriculture systems and environment. The hope lies in organic farming, and she encourages us all to get on board. Goodall also peppers her books with poignant vignettes about her childhood, her own relationship with food and her passion for primates.

A compelling and healthy crop of common sense, *Harvest for Hope* is a must read for anyone who might wonder if we are indeed what we eat. But reader beware, after this book you'll find yourself suspiciously eyeing the red, ripe tomatoes in your grocer's produce section, wondering what chemicals or genetically modified material you'll be eating with their red, ripe deliciousness.

Jane Goodall's *Harvest for Hope*— A Closer Look at What You Can Do and What You Should Know

What You Can Do

- **Demand labeling for food that has been genetically modified**
Most industrialized nations require labeling for GMOs. The United States does not.
- **Avoid eating GMOs**
Many GMOs are engineered to produce their own pesticides. The long-term effects on our bodies and the Earth are unknown.
- **Refuse to eat farm-raised salmon and buy organic tiger prawns**
Fish farming is destructive to the environment, and the fish aren't as healthful as fresh seafood. Plus, it tastes better!
- **Buy from local farmers and shop farmers markets**
The food is healthier, tastier and you support small farmers at the same time.
- **Talk to your local school boards about fast foods and soft drinks in your children's school**
Parents can make a surprising difference in school lunch programs, and the kids get all the benefits.

Other Tips

- Talk with your local restaurateur and grocer about the availability of local, sustainable foods
- Buy fair-trade and organic imports
- Drink ethical coffee
- Avoid fast foods whenever possible
- Think about water in a different light—as a valuable and increasingly threatened resource
- Stop taking water for granted and stop wasting it

Jane's Must-Have Organics

Due to the high content of chemical residues found in these traditionally raised foods, Goodall strongly recommends that at the very least you buy only the fruits and vegetables on this list that are raised organically.

Raspberries • Apples • Peaches
Cantaloupes • Cherries • Celery • Green beans
Grapes and Raisins • Potatoes • Spinach
Tomatoes • Winter Squash • Strawberries

Learn More

Action Resources

www.blueplanetproject.net
www.chefscollaborative.org
www.earthsave.org
www.janegoodall.org
www.organicconsumers.org
www.slowfood.com
www.sustainabletable.org
www.worldwatch.org

Healthy School Resources

www.foodsecurity.org
www.edibleschoolyard.org
www.farmtoschool.org

Organic and Sustainable Product Resources

www.cowgirlcreamery.com
www.seedsofchange.com
www.heritagefoods.com
www.thefutureoffood.com

Community Sponsored Agriculture and Garden Resources

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www.compostguide.com
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www.foodroutes.org

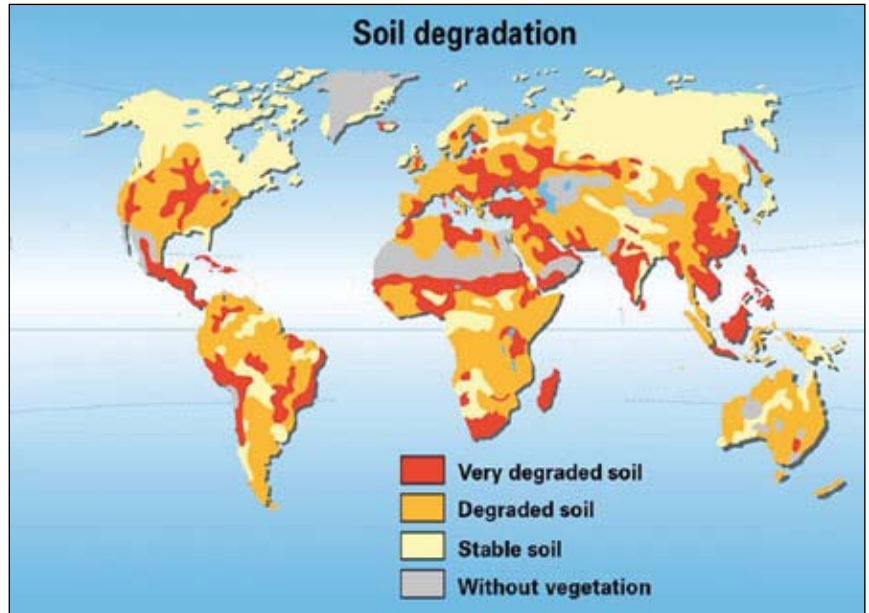
Poverty Mapping Website

By Jaman Matthews HEIFER STAFF WRITER

What is the projected world population in 2015? What areas are likely to see the most growth or decline? What is the correlation between female adult literacy and land degradation in West Africa? The Poverty Mapping website (www.povertymap.net) provides resources to answer these and other questions relating to poverty around the world. Poverty maps are visual tools that show “linkages between poverty and food insecurity, the environment and development” and are therefore of great use to government agencies, non-governmental organizations (NGOs) and concerned individuals. This easy-to-navigate website presents what it calls a “Geography of Poverty,”

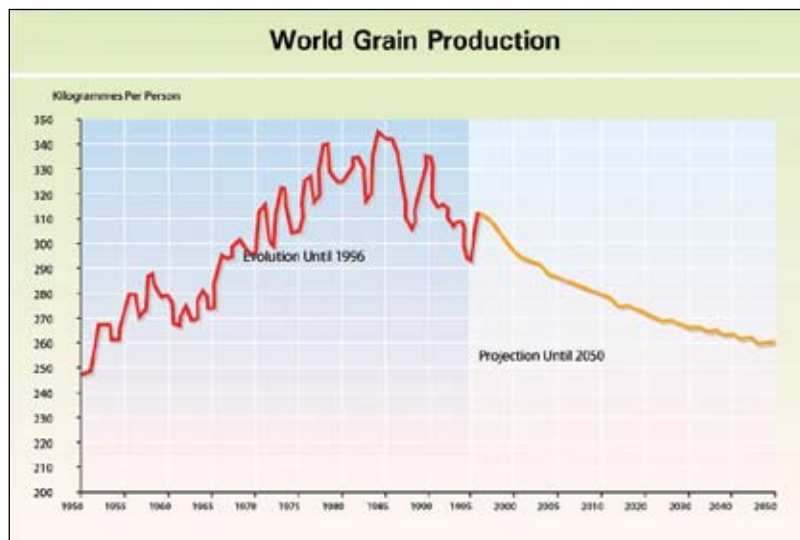
a collection of maps and graphics giving the researcher a quick and understandable picture of poverty and its many correlative factors—internal conflict, emigration, agricultural practices, biodiversity and nutrition rates to name a few.

This poverty-mapping database, which began as a project funded by the Norwegian government and is now



maintained by the United Nations Environment Programme (UNEP/GRID-Arendal), has been compiled from various sources, including the Food and Agriculture Organization, the International Food Policy Research Institute and Worldwatch Institute. It provides not only global maps, but also many national, regional and even local maps and graphics. These can be accessed by theme—demographic indicators, economy and market, education, energy, food security, health, poverty indicators, urban areas and water and sanitation—and address a wide range of correlative issues with, for the most part, up-to-date information.

In addition to maps and graphics, the website offers access to publications and articles (most available as PDFs) falling into the following categories: methods for poverty mapping, poverty and the environment, and food security and poverty mapping. There are also case studies from nine countries in Africa, Asia and Central and South America and an exhaustive list of links to other agencies, websites and publications addressing poverty-related issues.



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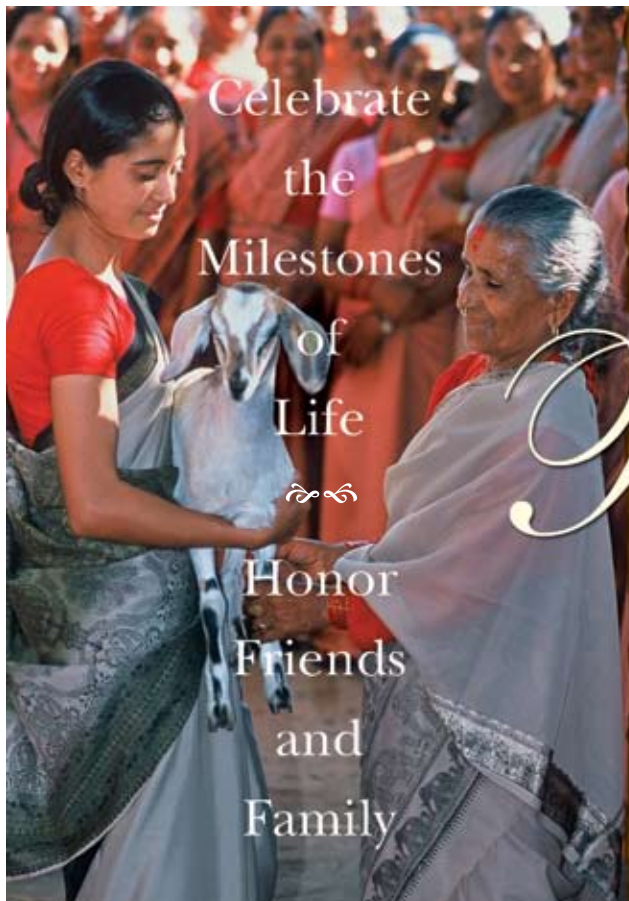


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Build problem-solving skills and learn how to help your environment and the world with this overnight experience.

MEETING FACILITY

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

HEIFER RANCH

GLOBAL VILLAGE DAY

Sept. 30—Experience a "world tour" at this free, day-long celebration. Take a self-guided walk through Heifer Ranch's Global Village, which replicates housing from around the world. For more information, visit www.heifer.org/ranch.

Progressive Programming

FIELD TRIPS

Students learn about Heifer's work and how livestock can improve nutrition and income. (Pre-K and older; two-hour program)

CULTURAL CONNECTIONS

Experience a taste of Heifer project participants' daily lives by preparing a meal using their ingredients and resources. (Fourth grade and older; three-hour program)

HEIFER CHALLENGE

Build teamwork and problem-solving skills by using globally themed challenges to learn about world hunger and environmental issues. (Sixth grade and older; half- to full-day program.)

GLOBAL EXPLORERS

Learn how everyday choices affect our global community ecologically, culturally and geographically. (Fifth - six grades; two-day program.)

GLOBAL GATEWAY

Build problem-solving skills and learn how to help your environment and the world. (Sixth grade and older; overnight program.)

GLOBAL CHALLENGE

Participants engage in a variety of activities that help them gain a deeper sense of their commitment to each other, their communities and the world. (Sixth grade and older, two- to three-day program)

SUMMER ACTION

Participants engage in a journey of personal growth. They commit to the value of serving others through interactive learning, community building and work projects. (Sixth grade and older, five-day program, summer only)

GLOBAL PASSPORT

Immerse yourself in an experience that will connect you to the realities of poverty and hunger and to our global community. (Ninth grade and older; three- or four-day program.)

CORPORATE CHALLENGE

Learn individual, group and community development skills such as confidence, teamwork, problem-solving, communication and leadership.

ADULT SERVICE JOURNEYS

Learn the value of serving others through interactive learning and work projects. (18 years and older; five-day program.)

VOLUNTEERING

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

CONFERENCE CENTER

Our conference facilities provide a peaceful place that encourages awareness, reflection and growth.

OVERLOOK FARM

GLOBAL VILLAGE DAY CAMP

Youth learn about the environment, hunger and poverty—and how to make a difference—by working with animals and participating in cultural and educational activities. (Six to 15 years; eight weeklong sessions beginning July 3 and ending **Aug. 25**, 9 a.m.-4 p.m.)

HARVEST FESTIVAL

Sept. 30 & Oct. 1—Horse drawn hayrides to "pick-your-own" pumpkins. Food and children's activities. A great family outing!

HARVEST YEARS

SERVICE LEARNING

Oct. 8-13—Program for those aged 55+. Assist with constructing baskets of farm products, farm chores & hunger educational sessions

LIVING NATIVITY

Dec. 9 & 10—A live nativity presented hourly, international gift shop, sleigh rides, hot cider and more!

YEAR-ROUND PROGRAMS

FIELD TRIPS

Learn more about Heifer's work and Overlook Farm with a video, guided tour and hayride.

DAY EDUCATION PROGRAMS AT OVERLOOK FARM

Learn about Heifer's work and mission by touring our Global Village and Farm, participating in educational activities and eating a meal at one of our Global Village sites. (Fifth grade to adult; Half- and full-day programs.)

MULTI-DAY SERVICE LEARNING PROGRAM

Spend the night in Overlook Farm's Global Village complete with houses, meals and livestock from various countries, participate in farm chores and learn about issues of hunger and poverty. Other programming may include working with wool, exploring gender issues or learning more about Heifer's development work. (Sixth grade to adult; two- to five-day program; May-Oct.)

DROP-IN GUESTS

Overlook Farm is open for drop-in visitors year-round. We feature international sites in the Global Village and more than 20 species of farm animals. Picnics welcome!

HEIFER FOUNDATION

Oct. 24-27—Learn how planned charitable giving can help you, your loved ones and a world in need. www.heiferfoundation.org

HEIFER UNIVERSITY PROGRAMS

Heifer University gives participants the tools to promote Heifer in their communities. Contact Rex Enoch at reth@heifer.org or call (501) 907-2855.

August 3-6

HEIFER U FOR EDUCATORS, HEIFER RANCH*

September 21-24

HEIFER U FOR EDUCATORS, HEIFER RANCH*

October 19-22

BASIC COURSE

NEW WINDSOR, MD

November 2-5

HEIFER U 201, HEIFER RANCH**

Cost is \$195 per person (includes all meals, lodging, program fees and transportation to and from the airport when necessary).

*Programs designed primarily for teachers/educators interested in *Read to Feed* and *GET IT!* school programs.

**Program for Heifer U 101 graduates, focusing on Global Food Systems.

INFORMATION

CERES CENTER

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

HEIFER RANCH

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

OVERLOOK FARM

Rutland, Massachusetts · (508) 886-2221
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

What is a Heifer Study Tour?

It's travel with a purpose—a journey of change!

Most Study Tour participants return from their trips more determined than ever to make a change, not only in themselves but in society as well.

Heifer in-country field staff plan Study Tour trips and ask permission of our project partners for us to come and visit. The trips are led by Heifer staff and knowledgeable volunteers, who offer deep insight on issues of hunger and poverty.

Join us and see how Heifer animals and agricultural training provide the vehicle for sustainable development and community building. If information is not complete when you inquire, we will automatically send updated information as soon as it is available. Send questions to the tour leader or e-mail studytours@heifer.org. Check www.heifer.org for the latest Study Tour dates and information.



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

2006 STUDY TOURS

AFRICA

Cameroon, West Africa **December 1-14**

Gender Equity will be the focus as you travel to Cameroon. You'll join a Gender Equity Workshop and see how important it is in the community.

Rosalee Sinn
dansingoat@aol.com

Waiting list

Uganda/Rwanda **July 10-26**

Tererai Trent
Heifer Deputy Director PM&E
tererai.trent@heifer.org

Waiting list

Tanzania Generational **Aug. 5 - 17**

J.P. Perkins
jpperkins@massed.net

Pam Grignaffini
pamgrignaffini@comcast.net

Waiting list

THE AMERICAS

Atlanta, Georgia area **October 21 - tentative**

Please contact studytours@heifer.org

Guatemala

November 15 - 25

Join us over Thanksgiving and celebrate Heifer in Guatemala. You will see a variety of projects and learn more about Gender Equity.

Mary Jennings
mjennings@rashton.cnc.net

**Watch for new tours in
2007 in future issues
of World Ark or visit
studytours@heifer.org**

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-\$4,200

Central and Eastern Europe

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

Africa

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

Asia and the South Pacific

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

North America (airfare not included)

5-10 days, \$800-\$2,000

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



By Tererai Trent,
Heifer Deputy Director of
Planning & Evaluation

*Excerpted from Trent's speech at the
Heifer International Building Dedication*

“Tinogona”

Today I would like to share with you from a very personal story, a story that is very close to my heart, and I hope it is a story that is going to inspire you and energize you so that we can all make a change. And I would like you to go with one phrase: Tinogona, which means “it is achievable.”

What is hope for a woman like me, born and bred in a very poor village in sub-Saharan Africa? Poverty means carrying the burdens of life without the means. It means not being able to control one's life. It means being demeaned. I grew up herding cattle and looking after my siblings. My father would say, “Let's look after the boys. Let's send them to school, because they are the breadwinners of tomorrow and hence we must invest in the boys for the girls will be married.” And he was right. That was the thinking. There is no social security, so you have to invest. So who do you invest in? You invest in the boys.

I married very young. As a wife, I carried the burdens of poverty and hunger. I also carried the wounds of physical and emotional abuse. Why? Because if you are a woman and you are not educated, what else?

Then one day it happened. I was sitting in a village and we were sitting in a circle and I would like to call that circle a dream circle. We were dreaming; we had our own inspirations; we had our own aspirations, but these were just empty dreams. Fourteen years ago Jo Luck visited my village. She surprised us by joining our circle as we sat on the bare ground without even a mat, eating bambara nuts. As we were sitting, she started asking us, “What are your hopes? What activities are you engaged in?” No one had ever asked us these questions before. But I have come to see that Heifer believes in sitting down, in understanding the stories.

Speaking through a translator, we shared our hopes with Jo Luck. We could not understand the words she kept saying, but the Zimbabwe country director explained. She is telling you, “tinogona, tinogona; it's achievable,” he said.

To end poverty and hunger is achievable; I have seen it. Heifer International, they provide a sparkplug. The fire is already there but it's burning at a very low level. So that sparkplug that was given to us during the dream circle, for me, I took it much further.

I said, “I cannot talk about my children's education when I don't have any. If I educate myself, then as a woman I will be able to educate the children.” Because we are in an increasingly knowledge-based economy, excluding people from education will cause more poverty, inequality and deprivation—especially among women and children. Hence, education is a universal human right and the key to poverty alleviation and sustainable human development.

I came to the United States and I finished my undergraduate and master's degrees. I still have my Ph.D. to earn; the dream is still there.



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ALSO AVAILABLE:

Read to Feed's "Lessons from a Village Called Earth" for 3rd/4th and 5th/6th Grade Curricula



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