

ENDING HUNGER • SAVING THE EARTH

# WorldArk



## New Roots *in America*

Immigrant Farmers  
Make a New Home

JANUARY/FEBRUARY 2007



Preserving  
Canada's Prairie Farms

Caste Away—  
Nepalese Women Unite



## Dear Friends ...

By Jo Luck  
President and CEO



Jo Luck visits with an urban farmer in Toronto, Canada.

**Farming is a common bond among all people. Simply put—no farmers, no food.**

There's something about digging your hands in the dirt, planting seeds and watching the land blossom into life. I'm not sure why, but when you grow your own food or buy from a local farmer, tomatoes are more red, cucumbers more green and squash more yellow. And fresh vegetables—harvested by known hands—indeed taste better.

I worry that in our fast-paced world, we've lost our connection to the land, and consequently have somehow lost a bit of our connection with one another and our world neighbors. Many of our young children believe food comes from grocery stores and restaurants, without a second thought about the land and the people who farm it.

Farming is a common bond among all people. Simply put—no farmers, no food. That's why Heifer's work with small farmers is so important. In this issue of *World Ark*, Heifer staff writer Jaman Matthews introduces you to rural family farmers in Saskatchewan who are struggling to keep their family traditions and farming way-of-life alive. Small farmers in Canada are faced

with crushing debt, diminished markets and lack of workers. It's harder and harder for rural farmers to stay small and independent. In generations past, children would stay in the rural areas and work on the family farms. But today, children leave for college and for higher-paying urban jobs. There are few left to tend the land. Land, equipment and livestock are less and less accessible. Farming has largely become a corporate activity.

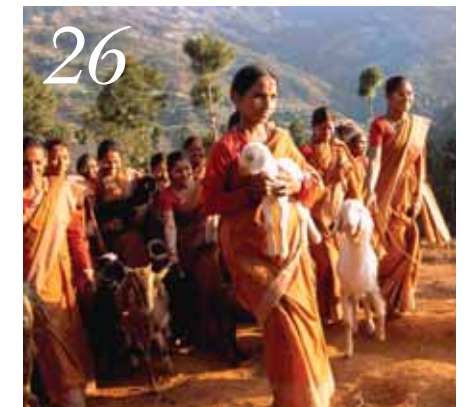
When I talk to young people, especially those who grew up on a farm, they tell me that they would like to stay, but that the pay makes it impossible. It's time for us to reevaluate the role of farmers in our society.

Working with small farmers in North America is key to Heifer's mission of ending hunger and poverty and caring for the earth. These farmers are the stewards of our land, and they produce much of our food. Their support systems are failing, and we need to provide the assistance necessary for their survival—because we depend on them more than we realize. And now is the time they should be able to depend on us.

# PREVIEW

**WORLD ARK**  
JANUARY/FEBRUARY 2007

**"Not all of our children are going to be farmers, but I hope they will at least have respect for the lifestyle." – Lonnie Cameron**



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Members of women's groups in Nepal gain autonomy, confidence and friendships by working together. Their success yields food and income for their families and neighbors; it is also helping to change an oppressive caste system.

**Cover:** Habiba Noor, from Somalia, harvests produce in her new hometown of Lewiston, Maine. **Photo by Lauren Wilcox**

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"A Picture Worth Taking"



With all of the charity organizations to choose from, it's sometimes difficult knowing which organization is the right one; which organization will spend your dollar wisely; and which organization will have the biggest effect on the people it purports to serve.

Twice I have been fortunate to see firsthand how Heifer International is directly making an impact on world hunger.

The first was in Zimbabwe, Africa, at Mother of Peace, an AIDS orphanage outside Mutoko where I have volunteered. The orphanage supports 167 children who have lost both parents to AIDS. Cows provided by Heifer International are supplying a valuable source of protein for these children.

Most of our governmental financial aid to foreign countries seems to go to those countries

that have something of value to offer in return. Heifer International's criterion, however, appears to be, "help where help is needed." I like that!

More recently, I returned from a visit to Tanzania where again I saw the benefits of Heifer International. I visited a women's co-op near Arusha. It began with Heifer helping one family. That help has now spread to six families. Daily, six women bring their surplus milk to the co-op where they make cheese that is sold at the local market.

You really are making a difference. Thank you for helping in areas where other aid is not readily available.

**Carolynn Landis**  
Concord, Calif.

It is a great joy and satisfaction that I'm a small part of Heifer International. I enjoy talking to other people about Heifer's work and mission after I was on a study tour last year to Poland under the professional leadership of Rex Enoch. He led us on an incredible journey to several projects that definitely made me a believer in Heifer International.

Thanks for everything, and keep up Heifer's great mission.

**Brian A. Herr**  
Newton, Wis.

**Q&A, July/August**

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

I do not think that there is essentially a (single) greatest obsta-

cle. There are many and some of them are intertwined. Lack of education, lack of knowledge, lack of healthcare, in addition to corrupt governments/people, infrastructure issues, environmental issues, and people themselves in addition to many of the things mentioned by others in your Q & A letters section. That said, I think that the solutions to reducing and eliminating poverty can be found, worked on and succeed - some people who are not living with disease or in poverty say the situation is hopeless (regardless of any facts). Some of the solutions are the ONE organization, Heifer, Habitat for Humanity, the Grameen Bank among others. I think that the best way to defeat the forces of poverty, misery, disease, death, corruption and others are for the organizations that really want to reduce poverty to work together with other organizations towards the same goals; the facts are on our side. Regardless of the MDG 2015, efforts can be more effective to reduce poverty, etc., if we reorganize our efforts and continuously work to be more effective.

**Doug Roberts**  
Campbell, Calif.

**Q&A, November/December**

**Do you think it's possible to achieve the Millennium Development Goals target to halve the number of people suffering from hunger by 2015? Why or why not?**

Yes, I think it's possible; in fact, I'm optimistic that the goal will be achieved. Why? This year witnessed the commitment of bil-

lionaires Bill Gates, Warren Buffett and others to the elimination of diseases and ignorance in the world. President Jimmy Carter has been working for years to eliminate the Guinea worm in Africa. Popular entertainers are speaking out and actually working to bring attention to the disparities in the world. And, because the media has collapsed the speed of communication, more and more people are coming face to face with the realities of hunger and poverty in the world.

More and more people are becoming health conscious and are realizing that what one eats impacts one's health. The electronic media is showing the shameful conditions of hunger and other tragedies in our world. Although it is possible to remain self-absorbed and hardened to these conditions, it is encouraging to note the emerging leadership of third world countries who no longer feel they must be subject to America's power; they are speaking up, and we are forced to take note. When the Nobel Prize for Economics goes to Muhammad Yunus in Bangladesh, attention has been called to the wonders of self help with so little investment. The women who receive these small loans invest in their children's health and education.

Of course, Heifer International is leading the way in this effort. Today, at our family Thanksgiving dinner, I plan to introduce to all present the idea of investing in people's self-improvement by giving animals as gifts.

**Odessa W. Hooker**  
Atlanta, Ga.



**Editor's Note:** Students at the Fox Meadow Intermediate Center in Jonesboro, Ark., wrote essays, stories, poems and letters and designed bookmarks last March as part of a Read to Feed fundraising event for Heifer International. This prize-winning bookmark was created by then fourth-grader Hannah Croney.



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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.





## Seeing Red, Fighting AIDS

Consumers concerned about the suffering and deaths caused by AIDS are making a colorful fashion statement. Through the Product Red campaign, up to 50 percent of proceeds from specially designed products by Gap, Motorola, Armani, Converse and Apple will go to buy AIDS drugs for mothers and children in Africa. Rock star philanthropist Bono teamed up with Bobby Shriver, Chairman of DATA (Debt, AIDS, Trade Africa) to launch Product Red. Sales will support programs in countries such as Rwanda, which has a proven track record and ambitious targets. In the past two years, Rwanda has increased the number of people receiving treatments for HIV/AIDS tenfold. For more information or to buy a (RED) product, visit [www.joinred.com](http://www.joinred.com).

## End Hunger—Join [hungerMovement.org](http://hungerMovement.org)



- New Year's Resolutions:**
1. Eat Healthier
  2. Drink more water
  3. End hunger and poverty

The first two seem achievable, but number three? Single-handedly, ending hunger and poverty is a tall order. But hunger and poverty can be ended. The question for 2007 is how will you change the world this year?

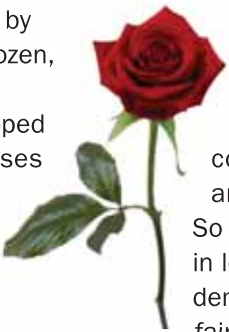
If that sounds a little daunting, you're in luck. There's a new website, [www.hungerMovement.org](http://www.hungerMovement.org), created to be an online community center for you to meet like-minded people, express your views and change the world together. Some of

the newest community members see great potential in [hungerMovement.org](http://hungerMovement.org).

By joining [www.hungerMovement.org](http://www.hungerMovement.org), you're resolving to make a difference in the world right now. And [hungerMovement.org](http://hungerMovement.org)'s "43Things" helps you set specific goals and track your achievement—all while gaining the insight and encouragement of others in the community. [HungerMovement.org](http://HungerMovement.org) is a new central online gathering place for people like you who want to end hunger and poverty. Like MySpace and YouTube, [hungerMovement.org](http://hungerMovement.org)'s site is just the framework. For a community to grow, it needs active members submitting content, filling the resource library, blogging about world hunger and connecting to each other.

## Every Rose Has Its Thorn

Valentine's Day means roses, lots and lots of roses—with well over 150 million sold nationwide. We buy them by the stem, send them by the dozen, sprinkle the petals around the house. But have you ever stopped to wonder just where those roses come from? Many of the cut roses sold in the United States are imported from South and Central America, where labor costs are low. (The 2004 movie "Maria Full of Grace" tells the story of a rose-plantation worker in Colombia hoping to escape a dead-end life.) Now China is investing in the cut-flower market by starting huge rose farms, where workers earn as little as \$25 a month. Besides the



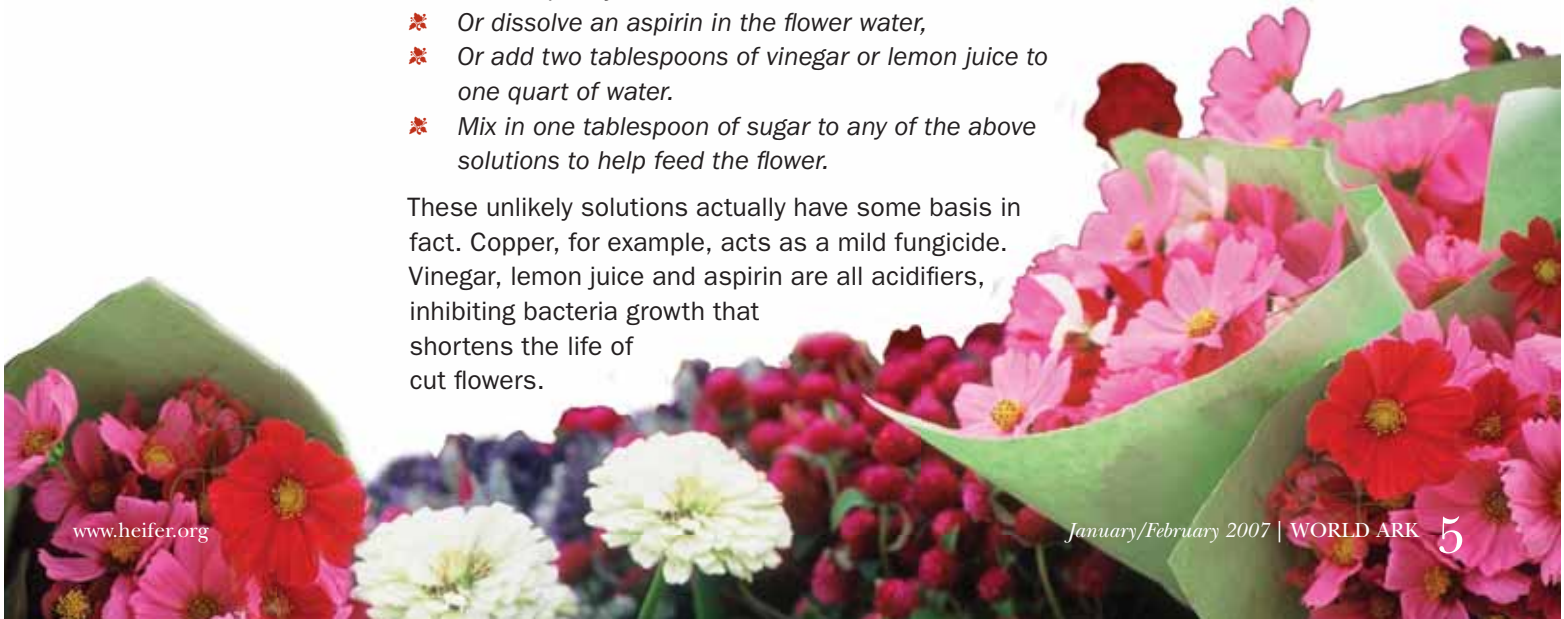
low wages, workers on rose plantations around the world are often exposed to dangerous chemicals used to fumigate the flowers. Then, all of these imported roses must be transported by air in refrigerated containers, consuming huge amounts of energy. So what is a socially minded person in love to do? In response to growing demand, there are now organic and fair-trade flowers available in many markets. If that is not an option where you live, seek out domestically grown roses that have not traveled as far as imported flowers. Or forego roses altogether and find flowers that have been grown locally. Say "I love you" with flowers and feel good about it.

## Keep Flowers Fresh Naturally

Now that you have received flowers from a loved one, how do you keep them looking fresh? Most flowers come with a packet containing some sort of antibacterial agent, sugar and an acidifier. Instead of opting for these chemical preservatives, why not try a natural solution to keep your cut flowers looking fresh? Most important is to keep your flowers out of direct sunlight, preferably in a cool environment. Use clean water in the vase and change it daily instead of simply topping it off. There are myriad alternatives to the chemical soup.

- ✿ Place a penny in the bottom of the vase,
- ✿ Or dissolve an aspirin in the flower water,
- ✿ Or add two tablespoons of vinegar or lemon juice to one quart of water.
- ✿ Mix in one tablespoon of sugar to any of the above solutions to help feed the flower.

These unlikely solutions actually have some basis in fact. Copper, for example, acts as a mild fungicide. Vinegar, lemon juice and aspirin are all acidifiers, inhibiting bacteria growth that shortens the life of cut flowers.





# New Roots *in America*

By Lauren Wilcox | WORLD ARK CONTRIBUTOR



## *Immigrant Farmers Make a New Home*

**LEWISTON, MAINE**—Fatima Aden, dressed in long skirts and the headscarf traditional to her Bantu tribe, moves back and forth across a small plot of land, plucking ripe zucchini and lettuce. There are many things about Lewiston that are different from Aden's home country of Somalia, but the one she has thought the most about recently is the way seeds are planted.

"Back home," she says, speaking through an interpreter, "we used a long tool, like a hoe. We planted in straight rows. Here, it is different. We plant in a grid, and the seeds are different." She pulls her skirts aside as she bends to pick a cucumber in the middle of the six-acre plot of crops on the edge of town. She has kept at least one habit from her life as a farmer in Somalia: Her feet are bare.

(Far left) Hawa Abraham and Fatima Aden sell their recently harvested vegetables at a local market in Lewiston, Maine. (Above) Conventional African farming.





Mohamed Dekow shows the farmers how to properly pack greens for sale at a grocery store.



**A**den and a handful of other Bantu women in bright scarves and long dresses are harvesting vegetables for a weekly farmers' market in Lewiston, about half an hour north of Portland. The women, who are part of a recent influx of Bantus to the Lewiston area, are learning to farm in Maine with the help of the New American Sustainable Agriculture Project (NASAP).

NASAP, in turn, works with the National Immigrant Farming Initiative, or NIFI, a collaborative effort supported in part by Heifer International, which helps recent immigrants interested in sustainable farming. Currently, NIFI works with some 20 projects and organizations around

the country, helping connect immigrant farmers with educational opportunities and other resources, and building awareness of their contributions.

For recent arrivals to this country, the projects help ease the transition, giving immigrants practical skills with which to support themselves as well as access to fresh, inexpensive food. By emphasizing sustainable agriculture, these projects are also helping to reform and revitalize farming in the United States, which is heavily industrialized.

"Our farmers are aging, and their kids aren't taking over," says NASAP's founder Jim Hanna. "The most important part of our farming infrastructure is our farmers."

According to a recent USDA census, the number of farms in the United States decreased by 4 percent from 1997 to 2002. Immigrant farming, however, seems to be on the rise; for example, the number of Hispanic farmers increased by 50 percent during the same period.

"The most recent census data suggests that immigrant farmers are the fastest growing population of new farmers today," says NIFI project director and Heifer's Northern Program Manager Alison Cohen. "This is a group of people that has passion, drive and skills. What they need, and what we can help with, is access to training, information, land and markets."

#### LEARNING BY DOING

The Lewiston project and others like it often work with communities of

Mohamed. It's better if we're all together. If someone has a problem, we can help each other." NIFI projects include Cambodian farmers in the Boston area, Hmong farmers in Atlanta, Latino farmers and cattlemen in Texas and Iraqi farmers in Lincoln, Neb.

The gently rolling field where the Bantu women are working on the outskirts of Lewiston is leased from a farmer named Bob Packard; it has been in his wife's family for more than a hundred years, but they can no longer use all of it. For the project, NASAP divided the field into a dozen parcels, each of which is being worked by a woman and her family. The project has also set up a demonstration plot on the land, used to show cultivation methods.

"People have to learn by doing," says Amy Carrington, NASAP's project director. "You can tell them how short the growing season is here, but it's only once they feel it that



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immigrants who have settled in a particular area as a result of refugee relocation programs, by low housing costs or by the possibility of work. Often, as with the Bantu community, people from a particular village or tribe will immigrate to one town or region over a period of time.

Mohamed Dekow, who works for the Lewiston project as a translator, acknowledges the unlikeliness of a community of Bantus in Maine, but says, "We are a family. We travel together. If it is nice somewhere, we call everyone. Then here comes Jusef, here comes Habib, here comes

they believe it."

There are other differences between Maine and the arid climate of western Africa; the fertility of the soil is different, there are different insects and animals that prey on the plants, and different ways of fending them off. On the other hand, drought is much less of a problem. Farmers used to coaxing crops from the dry Somali soil, says Carrington, "tend to be a little more frantic about water."

In Maine's brisk mid-summer, the women's plots are already overflowing with produce: squash, purple beans,



eight varieties of tomatoes, all of which are popular at the local market. Mostly, “we focus on what grows locally,” says NASAP’s project director Jim Hanna, but he says that project directors also help participants seek out plants native to their homelands that will survive in regional climates.

“People always ask if they can grow bananas here,” says Carrington. Okra, however, which is grown in Africa, does well here, and several of the Bantu women have included it on their plots. Several Sudanese farmers in Westbrook, a site serving Portland-based project participants, grow a leafy herb called molokia, often used in soups. A couple from Guatemala grows plants popular with the local Hispanic community in Lewiston, and their plot is fragrant with cilantro.

Hanna, whose Lebanese grandfather was a gardener, understands the juggling act that many new immigrants face. “We want them to value their culture,” he says, “and not just assimilate.”

### BRIDGING THE GAP

In much of the world, farming, whether as a full-time occupation or a part-time avocation, is a much more common pursuit than in the United States. And, says Cohen, “while the entry point into the United States for many immigrants is a city, farming is what they know.” So for many immigrants, used to the fresh produce and supplementary income of a small garden plot and a few chickens or a cow, farming is a way to bridge the gap between their old and new lives. Ingrid Kirst, director of a farming project with Iraqi immigrants in Lincoln, says that participants “come from backgrounds where farming was much more a part of their life. To be able to provide that,” she says, “is very important.”

Hameed Aljabiry, a Kurd who lives in Lincoln, farmed in Iraq before arriving in Nebraska 10 years ago. Once there, he



worked in a factory before leaving that job to work for the NIFI project and on a farm. “I love farming,” he says, laughing. “Working in a field is 10 thousand times better than working in a factory. I have such a good feeling when I go out to the farm.”

For many immigrants, unfamiliar with the amount of prepared and processed foods in the United States, the fresh, immediate supply of home-grown produce is the cheapest and most nutritious way to feed their families. After only a year in the project, Aljabiry says his garden has served his family well. “We didn’t buy nothing,” he says. “We got tomatoes, we got radishes, we got so many vegetables.”

Agostin Juarez, an immigrant farmer on New York’s Staten Island who originally farmed in Mexico, says, “It’s like it is in our country. Everything tastes good, fresh.”

### MARKETS MAKE A DIFFERENCE

For those willing to put in the time and labor, farming can also be a way to make money. NIFI projects help connect farmers to markets, usually local farmers’ markets where the farmers sell their own goods; to community-supported agriculture programs (CSAs); or sometimes, to independently owned grocery stores. Kirst says that Lincoln has three markets currently, but the program is hoping to start more.

For many immigrant farmers, selling their crops is the most difficult part. While many are seasoned vendors, with a great deal of experience selling their crops in their home countries, they are not always familiar with the nuances of marketing to American consumers. Language barriers complicate the simplest transactions, and finding transportation from field to market is often challenging for those without



For immigrants in the United States, the fresh, immediate food supply of homegrown produce is the cheapest and most nutritious way to feed their families.





Hawa Abraham (above) shows off the vegetables she raised to sell at the local market.



vehicles or driver's licenses.

On a recent morning in Lewiston, a woman named Martha Putnam explains, with the help of Mohamed, how to pack a box of produce to sell in a store or at a market. Each variety of vegetable—lettuce, green peppers, zucchini—gets its own box, she explains. All the peppers must be facing the same direction in the box. Produce must be washed and undamaged.

Putnam arranges a bunch of lettuce gently at the bottom of a box. “Twelve bunches to a box,” she tells the group, who stand in a circle around her, watching intently. This sort of standardization of wares might seem frivolous, but it is essential, Putnam explains, to the stores who will buy from them.

Many immigrant farmers hold full-time jobs in addition to their work in the field, and taking their farmwork to the next level—relying on it for their entire income—is often an intimidating leap to make. “It’s a lot of work for people to make a decent living at it,” says Kirst. “For an immigrant refugee, you’ve got your job, your family, maybe school and your community responsibilities.” Full-time farming, as a sun-up to sun-down, seven-days-a-week occupation, is often a daunting prospect.

But for those who are able to do it, selling the food they have grown or raised directly to the people who will be enjoying it is enormously rewarding. In New York City, Nestor and Alejandra Tello, who came to the United States from Columbia in 1992, have their own business selling eggs and produce at farmers’ markets around the city. At a market on the Upper West Side in Manhattan, Nestor flips a dozen eggs over with a flourish and checks for cracks before righting the package and handing it to a customer. “Tello’s Green Farm,” the sign reads.

“Pasture–Raised Hens. Happy Chickens.”

“Always I had the dream of farming,” Tello says. “Either here or in my country.” In Columbia, his family raised chickens and cows; at one point, he says, his father had 200 cows. After moving to the United States, he worked in a factory making bulletproof jackets for the army, and as a butcher, a job he particularly disliked. “I don’t like to kill animals,” he says.

In 2001, his father-in-law saw an ad in the paper for the New Farmer Development Program, supported by Heifer, on Staten Island. Tello grew eggplants and tomatoes on their training plot, which, on a small plot of land between apartment buildings and shopping centers, is the last working farm on Staten Island. He found that both the farming and the marketing came naturally to him, and was able to begin his own business, which he now runs full-time.

While farming in New York is not as easy as it is in Columbia—one program participant described farming in the temperate climate of his homeland as “throwing seeds at the ground and coming back a month later”—Tello has largely figured it out. “It is more difficult because of the weather,” he says. “You have to do everything on time.”

And the work seems to suit him. He chats easily and warmly with his customers, bagging vegetables with a showman’s flair. “Everyone goes to the city,” he says. “But I feel comfortable on the farm.”

### MAKING A HOME

Perhaps one of the most substantial benefits to the work of Heifer’s immigrant farming projects is that participants who farm and sell their food to stores and markets are integrated into the fabric of their communities in a way they might not be if they were working nearly invisible jobs in

**But these are small things, and a conversation with her is a reminder that differences, and unrest, are relative. When asked if she has been happy here, her face lights up. “I like America,” she says. “There is no fighting. Here, I have peace.”**

—Habiba Noor from Somalia



Fatima Aden grows spinach, corn, beans, cucumbers and radishes in her plot.



factories or kitchens.

Especially for refugees of war or civil strife, making a home in their new homeland becomes one of their primary goals. In Lewiston, a town of 35,000 which, according to the 2000 census, was more than 95 percent white, the Somali refugees, which now number more than 2000, have brought unexpected diversity.

There have been some bumps along the way. In 2002, according to newspaper reports, then-mayor Larry Raymond asked the Somali community to stop moving to Lewiston. In July of 2006, someone hurled a severed pig's head into a Lewiston mosque during prayer services.

But locals and community leaders have been vocal in their support of the

refugees, holding rallies in support of the increasingly diverse communities calling Lewiston home.

At the farmer's market downtown, after the morning harvest, a steady stream of customers picks through the vegetables at the NASAP tent. Mohamed helps the women make change and field questions.

Some of the customers are Bantu, their jewel-toned headscarves bright and anomalous against the stark gray and white row houses. But many others are long-time Lewiston residents.

In any other place the two groups might not have much to talk about, but here the focus is on the food: buyers prodding and inspecting, sellers proudly displaying.

Hawa Abraham, the group's *de facto* leader, is a little shy about speaking English, but when a customer plops a few zucchinis onto the scale, she reads the numbers aloud. "Two pounds," she says, smiling broadly.

Habiba Noor, who is part of the NASAP project, was a farmer in her native country Somalia. Before moving to Lewiston two years ago, she lived as a refugee in Kenya.

"Since I was born," she says, "my family taught me how to farm."

She admits that farming here has meant some adjustments. "In Somalia, we use hoes," she says. "Here, machines."

But these are small things, and a conversation with her is a reminder that differences, and unrest, are relative. When asked if she has been happy here, her face lights up. "I like America," she says. "There is no fighting. Here, I have peace."

#### "BECAUSE I GREW IT"

As these farmers become established and expand their businesses, their hard work and expertise will be invaluable to the American farming economy. "In Sudan," says Johan Yonga, standing on the sandy



By selling produce at farmers' markets, immigrant farmers forge relationships with their communities and contribute to local economies.

plot of land he has been farming, "we don't say how much land we have. How much you farm is according to your efforts. If you have tools, you can have a business."

Yonga says that in Sudan, people also have a particularly inclusive approach toward the experience of farming, a spirit of group responsibility, group reward. Such an approach can only be a welcome addition to the industrialized, commercial, largely lonely pursuit of farming in the

United States today. "When it is time to harvest in Sudan," Yonga says, "we invite people. We eat, drink, work, dance and the work gets done."

As for themselves, participants in these projects find life here can be a little sweeter when they have a hand in cultivating it.

Yonga stoops over and pulls up a plump radish, a vegetable he said was unfamiliar to him when he first planted it.

"I used to hate it," he says. "But now I can eat it because I am the one who grew it."

Hawa Abraham is the group's *de facto* leader. Here, she and a young helper gather produce for the day's market.





# Preserving the Prairie Farms of Canada

By Jaman Matthews | HEIFER STAFF WRITER



**As another generation of Canadian farmers grows older, and cities, with their excitement and higher paying jobs, exert a greater pull on the young, what will become of the rural communities, the farmland and the families themselves? On the prairies of eastern Saskatchewan, two young families struggle with this question, seeking to balance the daily hardships of farming with a hopeful vision for rural areas.**

## **KENNEDY, SASKATCHEWAN—**

Lonnie Cameron stands on a hill overlooking his pasture, the black Angus cattle moving like dark clouds through the trees below.

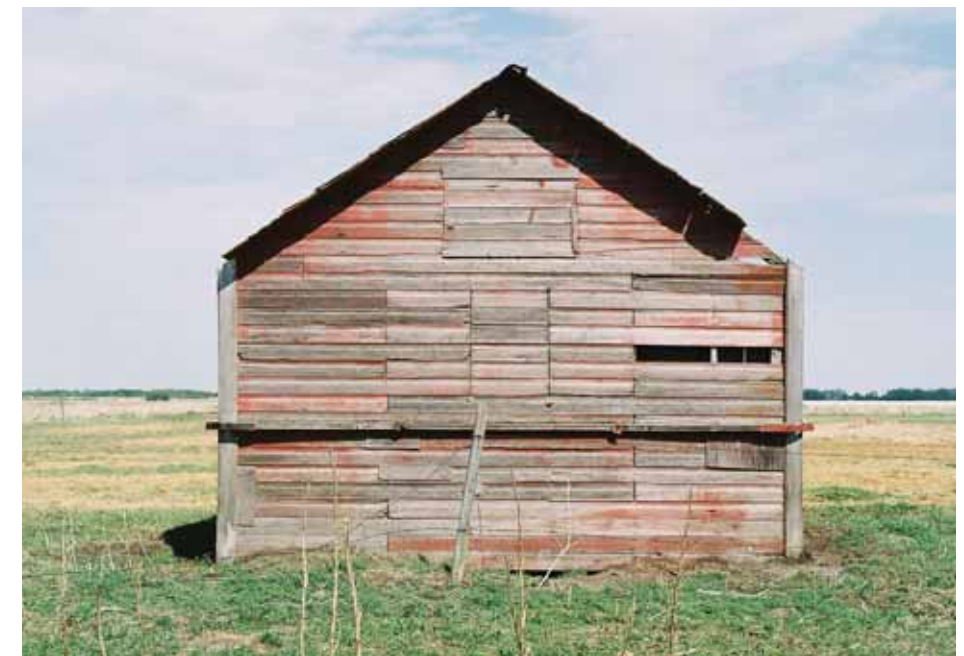
“I’m fourth generation Saskatchewan, and these guys will be the fifth,” Lonnie Cameron says, gesturing toward his wife Dawn and their four young children—Mason, Nolan, Cole and 8-month-old Kaitlyn. The family’s farm stands a few miles outside the small prairie township of Kennedy, 75 miles north of the North Dakota border. The Camerons were among the first Heifer recipients in Canada, receiving 10 cows as part of a collaborative project with a local land conservancy organization.

“We farm as a family; we’re together,” Dawn says as her husband moves down the hill to call the cows. “Like yesterday, the kids were out with us, right in the midst of it. They were able to be there and help.” They do as much playing as working, of course. Even so, she says, “It gives them a feeling of power, because they can be a part of what we’re doing.”

More importantly, she says, “They know where what we have comes from. And that’s what I want, is for my kids to know where it comes from. Because I think too often kids can take for granted that it’s just there. Mom and Dad make it happen, and it’s just there.”

In the Western world, children rarely work alongside their parents, even in the rural areas of Saskatchewan where small towns and farms are emptying out. The total population of Saskatchewan is just

under 1 million, while the total number of cows in the province is nearly 3 million. This would seem to suggest a robust rural culture, but numbers can be deceiving. In fact, the rural communities and small farms are vanishing as young people flock to the cities. Less than a century ago, 70 percent of Saskatchewan’s population was rural; in the most recent census, this number was only 36 percent and falling. Now more than 430,000 Saskatchewanians (or almost half the total provincial population) live in the two largest cities, Regina and Saskatoon. As people increasingly move from the rural areas, the number of operating farms has decreased dramatically, from more



As the rural population continues to decline, this barn may become little more than a relic of Saskatchewan’s agricultural past.





Dawn Cameron and son Cole survey their family's farm and cattle herd.

than 112,000 in 1951 to just over 50,000 in 2001. Over the same period, the average size of Saskatchewan farms has more than doubled, from 550 acres to more than 1250 acres. And as farms grow larger, small farmers and their families, like the Camerons, find it next to impossible to stay on the land.

### A TALK AROUND THE TABLE

Back at the Camerons' home in Kennedy, seven of us gather in the kitchen. The Camerons make coffee and tell us to make ourselves at home. Among the guests are Ralph and Linda Corcoran, another Saskatchewan farming couple who supplied heifers for the Heifer program and hosted field days at their farm. I find a seat at the kitchen table next to Marian Noll, a board member of the nonprofit Genesis Land Conservancy devoted to preserving land for sustainable agricultural use and making it available to the next generation of farmers. She introduces herself and tells me she is also a member of OSU. She notices my bewilderment at the acronym, and after a few jokes she tells me she belongs to the Order of Saint Ursula. "That means that I am a member of a religious organization, an order of nuns." So it's Sister Mirian Noll.

Across the kitchen table is Duane Guina, executive director of EarthCare, which oversees both the Genesis Land Conservancy and its sister program GenAssist: New Routes for Tomorrow's Farmers. Established in 2002, GenAssist is a collaborative effort between Genesis Land Conservancy and Heifer International to help young or new farmers in rural Saskatchewan establish sustainable operations through living livestock loans, training and passing on the gift.

Asked what his unusual last name means, Guina says it's a Gaelic word.

"Meaning?" Lonnie asks.

"Meaning 'McKenna,' in English."

"Not all of our children are going to be farmers,

but I hope they will at least have respect for the lifestyle."—Lonnie Cameron

"Meaning?" Lonnie prods further.

"Honor and prudence," Duane says with a sheepish grin, knowing that this will elicit a wise-crack remark from this group.

Lonnie leans against the kitchen counter, laughing loudly. The kind of person who takes it as his responsibility to make everyone in the room laugh, he launches into a joke of his own with the punch line, "That's the problem with you Protestants. You don't know the difference between a blessing and the last rites."

Dawn turns to the rest of us: "You have no idea how ironic it was to take Lonnie to the abbey for the training." As part of their training, GenAssist farmers take holistic management courses where they learn financial and marketing skills. Dawn recounts a training session, held at a nearby monastery, where the married couple was given single beds for the weekend. Their anniversary weekend, no less. And with Dawn eight months pregnant. We all laugh so hard our coffee sloshes out of our cups.

### BIG PROVINCE, SMALL TOWN

With her youngest son Cole climbing into her lap, Dawn redirects the conversation to more serious matters. "You have all seen how small the towns are here. The towns are very small."

Yes, we noticed. The roads and highways in this part of Canada form great, empty boxes on the landscape. The occasional settlement pops up along the empty roads or at the intersection of two roads, but these are rarely seen. Kennedy itself is a tiny town with a dozen quiet streets laid out in



Six-year-old Nolan Cameron helps his parents with daily chores on the farm.

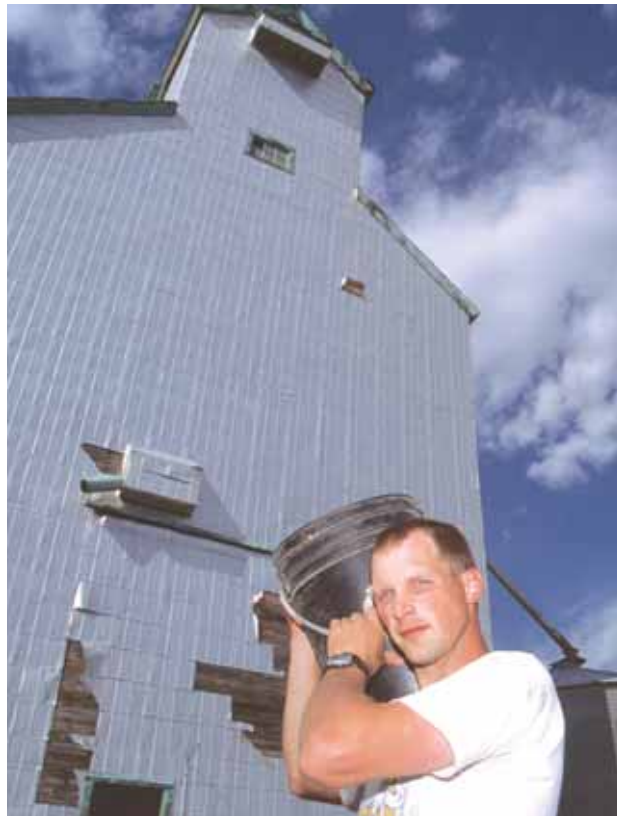
a tight grid.

Small as they are, these towns are likely to grow even smaller. Young adults and young families alike are moving, some to the larger cities, others to provinces with better economic and educational opportunities. For the first part of 2006, Saskatchewan's population growth rate was second lowest of all the Canadian provinces. It was actually negative, meaning the population of Saskatchewan is diminishing.

"We have four kids in our family," Dawn continues, "and in my kids' classes, there are not very many other kids. When we go to GenAssist things, because it is focused on the young starting families, we join groups that also have little kids the same age as our little kids. That actually has been as significant as anything, to be involved and in contact with all these other young families."

Dawn grew up on a farm about 30 miles





Top left and bottom, Kevin Puffalt. Top right, Caroline Puffalt with daughter Lanita. The Puffalts are one of the few young families who have returned to rural Saskatchewan to farm and rear their children.



The total population of Saskatchewan is just under 1 million, while the total number of cows in the province is nearly 3 million.

from here. She knows firsthand about the difficulties of raising a family in farming, but she believes the benefits make it worth the effort. “There are people the age of my parents who are looking to retire, and the last thing they want is to send their kids back to the farm because it’s been such a struggle for them. But it is really tiring to hear that all the time, because this is a really good place to be. GenAssist and Heifer look at it in exactly that way.”

“When we come along with our new ideas and our new outlook on it, we are watched a lot,” she continues. “What are you doing? Where did you find this group of people that just gave you cows? Why did they do this? It definitely draws attention because it is unlike anything else that is out there.”

### STANDING THEIR GROUND

Fifteen miles away—practically neighbors by rural Saskatchewan standards—are the Puffalts, another family participating in the GenAssist program. Kevin and Caroline, a handsome couple in their late twenties, live outside the small town of Kipling with their three young children, Shawn, 4; Lanita, 2; and one-year-old Linette. Like the Camerons, the Puffalts received cows and training from GenAssist.

The Puffalts know they are a rarity—a family with young children trying to stay here. Kevin pauses a minute, counting in his head, then says, “I know of, ourselves included, four young families within 10 miles of here.” He tells me a familiar story: most of the farmers in the area are over age 50, and most of the young people are moving away from the farm to the

city. “I would say that 95 percent or more are going.”

The Puffalts also had their chance to get out and make a new life in the city. After graduating from high school here in Kipling, Kevin studied computer engineering at the Saskatchewan Institute of Applied Science and Technology. This is where he met Caroline, who was studying to be a respiratory therapist. Following his schooling and an internship with IBM, Kevin considered taking a job in the provincial capital of Regina. This was the break that many of the rural youth



The Puffalts believe the farm is a great place to raise a family.



And as farms grow larger, small farmers and their families, like the Camerons, find it next to impossible to stay on the land.



dream of: a well-paying job in the city. But after much contemplation, “I turned it down and bought this half section of land,” Kevin said. As we stood together in front of his barn with the prairie wind whipping around us, I asked why he made that choice. “It’s in my blood, I’d say.” But deciding to return to Kipling to farm wasn’t the end of his worries. Kevin remembers his own childhood, growing up in a farming family. “My dad—I grew up not

really knowing him in a way, because every winter, he went to Regina and worked. So the family suffered. But that’s what he did so he could farm.” Kevin guards against this, wanting to be a farmer but not wanting to steal time away from kids and family, always concerned with the balance between work and family. Like many farming families, the Puffalts must also work outside the farm to keep it going. Caroline supplements their farm

income by teaching piano lessons in a studio they added on to their house. She grew up about a thousand miles northwest of here in a farming community. She talks of the struggles of raising a family in farming, the new roles she must take on and the lack of understanding from those not in agriculture. “I’m in a moms-and-tots group with ladies in town. It’s just a totally different world in there; they don’t understand. They live in town and have the romantic picture of the farm in their minds: the animals and all, so cute—that kind of impression. The reality is, it’s a lot of work. But,” Caroline is quick to add, “I’d rather raise my kids out here than in town.” “It’s hard to make it work, period,” Kevin admits. But with help from the GenAssist project and Heifer International, the Puffalts can remain here and raise their family. Without the gifts of livestock and training, this would likely not have been possible.

**GIFTS FOR GENERATIONS**

We make the short drive back to the Camerons’ farm in the long Canadian afternoon. Lonnie’s father, who still lives here on the farm, is there to greet us. While we inspect a cow and her new calf, the boys chase piglets through the barnyard. Kaitlyn surveys it all from the shoulder of Sister Knoll. One day, if Heifer and GenAssist are successful, this will all be theirs, another generation on the family farm. In June 2005, the Camerons passed on two heifers from their herd. It is fitting



Lonnie Cameron takes time out from his farm work to spend with sons Cole and Nolan.

that the Camerons, who value family above all, should pass on their calves to two single mothers, also struggling to keep their families and their land intact here in rural Saskatchewan. But the Camerons hope they are passing on more than just cows. There are deeper values of family, hard work and a respect for the land. With the light fading, Dawn turns to one of the boys and asks, “Do you like being on the farm and helping Mom and Dad?”

“Yeah,” comes the shy reply from six-year-old Nolan. “He’s going to be a farmer, I guess,” Lonnie says. “Not all of our children are going to be farmers, but I hope they will at least have respect for the lifestyle.”





*Some of Chicago's most forward-thinking architects address Mayor Richard Daley's vision of Chicago as the "greenest city in America" in the exhibition, "Sustainable Architecture in Chicago: Works in Progress," at the city's Museum of Contemporary Art (MCA). From September to January, the museum showcased sustainable building features spanning solar and wind-powered energy systems to greenhouses and nest-like porches. Heifer International joins MCA in supporting sustainable architecture. In fact, Heifer's new world headquarters in Little Rock, Ark., incorporates many of the earth-friendly innovations featured in this exhibit.*

Elizabeth Smith curates the exhibition. She is the James W. Alsdorf Chief Curator and Deputy Director for Programs. Here, Smith answers a few questions about the show.

Interview by Austin Gelder | WORLD ARK ASSOCIATE EDITOR

**WA: What inspired the Sustainable Architecture in Chicago exhibit?**

**Smith:** It was developed as a companion show to the traveling exhibition "Massive Change: The Future of Global Design," which MCA hosted during fall 2006. "Massive Change" focuses on the transformative potential of design and its social responsibility on a global scale. This inspired the idea of taking an in-depth look at related developments locally. In Chicago, which is the American "city of architecture," much innovative work is currently being done by both well-established and younger architects that demonstrate a real commitment to environmental responsibility. Chicago boasts one of the most progressive mandates in the United States toward "green" building, with a variety of incentives ranging from the Green Roof initiative to the Green Permit program, which allows sustainable buildings to be fast-tracked through the building permit process. These initiatives and incentives, along with LEED (Leadership in Energy and Environmental Design, a national rating system developed by the U.S. Green Building Council to recognize buildings that meet strict environmental criteria), have laid a strong foundation in Chicago for forward-looking approaches to sustainable architecture, planning and design.

**WA: Why is Chicago's Museum of Contemporary Art the right venue for this type of exhibit?**

**Smith:** Architecture and design exhibitions have an ongoing presence in the MCA's program; in recent years we have presented shows including "At the End of the Century: 100 Years of Architecture" and "Mies in America." We foreground creative practices and ideas in a variety of fields and always seek to link the content of the exhibitions we present to larger issues in contemporary culture. Sustainability and environmental awareness are certainly topical and relevant issues in today's culture.

**WA: What do you mean by "sustainable?"**

**Smith:** Sustainable refers to practices that promote the conservation of non-renewable resources and reduce energy consumption in a building's design and construction. These buildings are often designed with alternative energy systems, ranging from solar and geothermal to the use of wind and water as sources of power. The materials utilized in sustainable buildings are most likely to be recycled, locally produced or procured or the product of advanced technologies. Additionally, they often incorporate abundant or integral landscaping, literally making the buildings green.



This design for an education building on the Calumet Open Space Reserve in Illinois is inspired by a bird's nest. Located along a major migratory bird route, the building will be made partly of discarded materials.

**WA: Of the projects featured in Sustainable Architecture in Chicago: Works in Progress, do visitors seem to have a favorite?**

**Smith:** One of the favorites seems to be the forthcoming Ford Calumet Environmental Center, to be located in the Calumet area on Chicago's far southeast side, designed by Studio Gang Architects. The building will be an environmental education center devoted to the cultural, industrial and ecological history of the region and will also function as a base of operations for local efforts in research and environmental rehabilitation. Visitors to the exhibition have responded very positively to the creative character of the design for this building, which is inspired by the form and construction of a bird's nest. Its site is on a major migratory route for birds and is home to several endangered species, which led the architect Jeanne Gang to conceive the idea of using building materials from the surrounding area much in the same way that a bird builds its nest by gathering and weaving together discarded materials. This distinctive aesthetic character is coupled with an innovative use of natural methods for heating and cooling the building and other features which make it an outstanding example of sustainable architecture.

**WA: If there were one message you would want visitors to take away with them, what would it be?**

**Smith:** It's hard to isolate one single message, but I hope people will come away with an appreciation of and excitement about the many different and creative ways in which today's architects are exercising environmental responsibility. And perhaps most importantly, that sustainable buildings can be very beautiful and visually interesting, particularly if the sustainable features themselves are used as a springboard for aesthetic expression, rather than being masked or hidden within more traditional building forms.

**WA: Why is the "Zero Energy Tower" in Guangzhou, China, included in the exhibit?**

**Smith:** Although most of the examples included in the show are situated within the Chicago city limits, it also includes a master plan for the nearby city of Aurora, Ill., as well as a building designed by a leading Chicago firm, Skidmore Owings & Merrill LLP, for a site in China. As the one skyscraper design included in the show, this Zero Energy Tower was chosen because it surpasses existing examples in terms of the extent of its sustainable features and its physical form and is described by its designers as a high performance instrument shaped by the sun and wind.



# Caste Away—Nepalese Women Unite

By Darcy Kiefel | HEIFER PHOTOGRAPHER



Members of the Majhgaondil Women's Group work together to ensure their goats are healthy and productive.



Members of a Heifer goat and gardening project visit with Gopi Majhi. The women bring him rice every day so that he and his mother don't go to bed hungry.

**NUWAKOT, NEPAL**—Gopi Majhi, 52, never left his family home in the Nuwakot District of Nepal. Stricken with a physical disability and branded as a member of a lower caste, Gopi spent much of his life as a beggar and day laborer. Many nights, he and his elderly mother went to bed hungry.

The hunger and loneliness are gone now, thanks largely to a group of neighbors who passed on gifts of kindness and caring—gifts they had already received. Those kind neighbors, members of the Jalpa Women's Development Group and Heifer project participants, took on the responsibility of giving Gopi and his mother enough rice every day so they no longer have to worry about growling stomachs keeping them awake at night. The women also loaned Gopi seed money to start raising chickens of his own.

"Because of the women's love and support, others have started to respect and listen to me as a human being."

Gopi's village is perched among the gray-faced mountains and twisty valleys





Thuli Kanchi, 62, recently learned to read and write her name.



of the Nuwakot District. Trees that once covered the mountains are now largely gone, proof that poverty is driving people here to tap resources beyond their capacity to regenerate. Also gone are many of the young women, sent off to brothels in India. The women often go willingly, sent away by families who hope against their better judgment that the brothels will be only a step toward different, more respectable work.

But Gopi's benefactors, the women of the Community and Rural Development Society of Nepal's Jalpa Women's Development Group, are able to make a good living at home as part of the Pipiltar Goat-Raising Project. Members of the disadvantaged Kumal tribal ethnic group, these women continue to overcome illiteracy, discrimination and hopelessness by raising goats, vegetable crops and ginger. As they work, these women are also changing firmly set ideas about gender roles in this society where women are often confined to the home.

"Our family conditions before the formation of the group were terrible both socially and economically," Jalpa group member Nirmala Kumal said. "But now, women in saris are collecting and making money. We were not used to women coming together and holding meetings. We could never obtain loans from the village or people because very few trusted us. Even if we did receive a loan, it was at a high interest rate so it was impossible for us. However, since the formation of our association, we have no problems and we have easy access to group funds."

#### **RISING ABOVE CASTE DISCRIMINATION**

Group member Manita Kumal said she's pleased to help others in need like Gopi and his mother now that she's free to provide for herself and her family by working outside the home. "Prior to the group, they used to say that women's movements should be limited



Batuli Kumal, a member of the Jalpa Women's Group, works with other women in her village.

within their homes. We were told we should not even be allowed to leave the premises," she said. "It was considered improper. Today, we have learned that our movements and voices should be heard. We understand that we should provide gifts to other members with happy hearts."

Jalpa group members are also taking classes through a values-based literacy program six hours a week. The oldest student, 62-year-old Thuli Kanchi, is proud of her new skills. "I am very happy because I am able to read and write my name," she said. "To be able to write your name is the best accomplishment."

Classmate Buddhi Kumal agreed. "Before the values-based literacy program, other people had to tell us, 'This is your name.' But after class we can write our name



and can recognize the alphabet."

The Jalpa Women's Development Group's success is also helping to change an entire society's mindset about the country's divisive social order.

Nepal adopted a caste system much like





Bishnu Kumal, her husband Rajendra Kumal and their children hold the bricks they will use to make their home more sturdy.

India's a few hundred years ago. Despite anti-discrimination provisions contained in the 1990 Constitution, caste systems remain ingrained in Nepalese society. Untouchables, who are people of lower castes, are regarded as impure. Members of lower castes are not allowed to touch and drink water from public wells.

"There are 600 Kumal families considered lower caste or untouchables living in this district. Only one Kumal had ever attended school. There has always been much discrimination toward these people," explained Padam Upreti, president of Community and Rural Development Society of Nepal. "If one person from the Kumal touched a glass with water, no higher caste individual would touch that glass again. If a lower caste entered a higher caste home, it would have to be purified by a priest, which was very expensive and took the entire day."

Slowly these strict rules are fading into history as members of lower castes are given the tools they need to thrive, and as women work together across caste lines.

Having endured a lifetime of discrimination as a member of a lower caste, Bimal Kumal said she's enjoying her new friendships with women who were once off limits. "Even though yesterday these same women used to discriminate against me and not allow me to sit with them, today we all sit and eat together," she said. "When I used to fetch water from the village well I was forced to stop and wait until the higher caste were finished. Now I can fetch water when I want."

Sita Gajurel, a member of the Heifer-supported project group Majhgaondil Women's Group, said the women in her community once kept to themselves and rarely worked together. When the women formed the group to help feed their families, respect for each other was born.

"As before we shared nothing, today we share our personal problems as well as our happiness. Cornerstones training has helped us realize that we shouldn't hurt each other's feelings and should not discriminate on the basis of caste or religion." 🐾

## HEIFER OFFERS

# Study Tour for Educators

Heifer International is excited to offer a Study Tour opportunity created specifically for educators. The trip to one of the Heifer program areas in Central America is scheduled for the summer of 2007.

Teachers, administrators and other educators are invited to apply for a grant from Heifer that would include international air transportation, land transportation in the countries visited, accommodations and meals, Heifer project visits and resource materials.

"This Study Tour will provide teachers who participate in Read to Feed or other community education programs with an opportunity to learn more about Heifer International, issues associated with the root causes of hunger, poverty and environmental degradation and how their actions as educators help to alleviate these problems," said Tim Newman, Heifer's manager of school programs.

"Also, by visiting Heifer project sites and partners, participants get to see firsthand how Heifer's approach to development really works."

For more information contact us at [readtofeed@heifer.org](mailto:readtofeed@heifer.org). Heifer staff will lead the seven- to nine-day tour. Applications will be available in January at [www.HeiferEd.org](http://www.HeiferEd.org).



## Hope for the Future



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To find out more, call **(800) 422-0474** or visit **[www.heifer.org](http://www.heifer.org)**.



# World Ark Market

## 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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## D. HEIFER 2007 CALENDAR

Enjoy uplifting photos of Heifer project partners throughout the year.

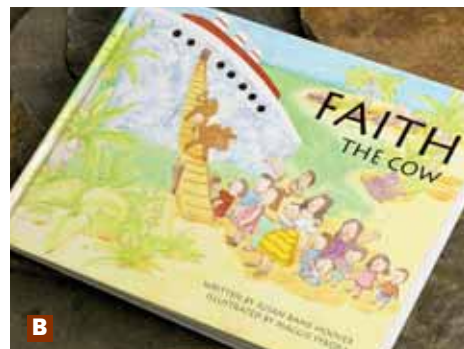
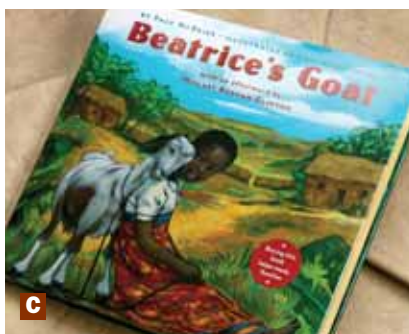
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A Fair Trade Certified™ organic coffee created by Green Mountain Coffee Roasters®.

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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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Enjoy the uplifting photographs of Heifer's "Portrait" notecards. Photography by Darcy Kiefel.

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Artist Betty LaDuke's colorful portrayals of Heifer projects in Uganda and Rwanda.

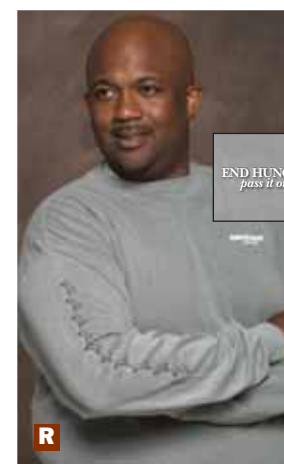
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## L. ARK T-SHIRT

Bring a little happiness to your life with a vibrant Heifer Ark T-shirt, depicting animals spreading joy to the world. White, 100% cotton.

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**#NS4900 Child Blue XS-L \$12.00**

## P. SAGE ADVICE: END HUNGER T-SHIRT

Embroidered with the Heifer logo. Light Green, 100% cotton.

**#NS5000 Adult long sleeves S-XXL \$26.00**

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## Q. HEIFER DENIM SHIRT

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## R. "END HUNGER: PASS IT ON" T-SHIRT

Gray, 100% cotton, long sleeves.

**#NS5100 S-XXL \$20.00**

## S. "STAMPEDE" FEMININE CUT T-SHIRT

This playful take on the Heifer logo is printed on organic cotton and hemp blend.

Natural with brown ink.

**#NS5200 Women's XS - XL \$17.00**

## T. "THE GIFT THAT GROWS" FEMININE CUT T-SHIRT

This tee clearly illustrates just how far the gift of an animal can go in creating positive change.

Moss, 100% organic cotton, long sleeves.

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**Blue Tie \$25.00**

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**Red Tie \$25.00**



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# The Earth Knows My Name: Food, Culture, and Sustainability in the Gardens of Ethnic Americans

Reviewed by Jaman Matthews | HEIFER STAFF WRITER

“Immigrant” is one of those words that periodically rises to the surface of a society’s consciousness and becomes a political touchstone. No longer do we envision Ellis Island; the word now conjures up night-vision border crossings and has about it a whiff of fear. The new metaphors are dark and deformed: immigration is a plague. Walls are built. Borders are closed.

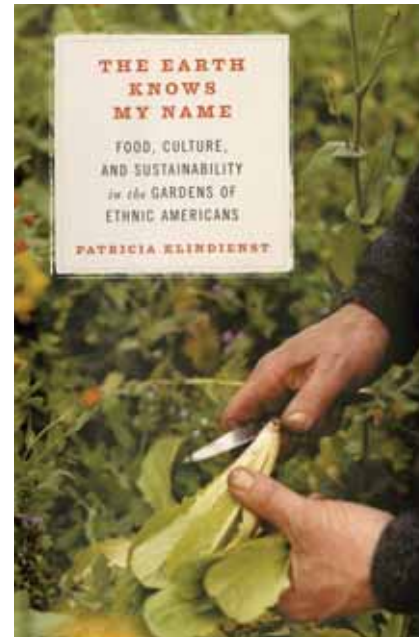
In *The Earth Knows My Name*, author Patricia Klindienst steers the conversation about immigrants and immigration in a more humane direction, reminding us that, whether we are first generation Asian-Americans or eighth generation descendents of Spanish settlers, almost all American families emigrated to this land. And land lies at the heart of this book: homeland and adoptive land, farmland and forgotten land. Klindienst, a master gardener and creative writing teacher in Yale’s summer courses, presents the stories of fifteen American gardeners, ranging from recent Punjabi immigrants to an eleventh-generation descendent of the earliest European settlers.

Klindienst, her own family having emigrated from Italy, settled on the topic after discovering a family photograph that hinted at an even older story of American immigrants and gardening, a story that ended in the wrongful execution of two men in 1927. Initially she spoke with only Italian-American gardeners. Even when her scope widened to include

gardeners of many ethnic backgrounds, her intentions and methods remained the same. “I would ask questions and listen; they would answer both my questions and my unspoken need to hear anything that might help me imagine my family’s origins.” *The Earth Knows My Name* is a successful and compelling fusion of oral history and personal narrative.

Gardening proves to be an appropriate and fertile vein through which to approach the immigrant experience, with its appropriate metaphors of uprooted plants and transplanting, new soil and a certain hope in the bounty of the future. One chapter titled “Place” recounts the story of Gerard Bentryn, a Polish immigrant vintner, and the reclusive Akio Suyematsu, a Nisei (a second generation Japanese-American) berry grower. The two have found a way to share their land on Bainbridge Island, Wash. Bentryn is the most vocal of the two, also likening the immigrant experience to that of a plant. “You tear a plant from the soil,” he says, “and the first thing it does is try to put down roots. It’s a matter of survival.” But it is in the reserved and sparse language of Suyematsu recalling the internment camps during World War II and how Japanese-American farmers often lost their land that the perseverance of the immigrant finds its fullest.

The other chapters, with titles like “Refuge” and “Community” and “Justice,” take up the theme of the



Patricia Klindienst  
Beacon Press, 2006  
Hardcover | \$26.95

garden as an image of renewal and hope for a pluralistic society. But the chapters all succeed in going beyond mere metaphors to tell of the very real experiences of ethnic gardeners. These stories offer lessons for every reader: a new life is built upon the old, and what is left behind is never completely left behind.

Gardens are more than mere ornamentation; they are sources of familiar fruits and vegetables. Food serves not only as a source of nutrition for these ethnic gardeners, but also fulfills some deeper craving. “Food is a form of deep memory,” says Klindienst. “Through food they are linked to their native landscape, to its soil, its water and its trees.” And it is here, in the gardener’s recognition of the connectedness of the social and natural world, that *The Earth Knows My Name* offers its greatest lesson.

# Not Buying It: My Year Without Shopping

Reviewed by Austin Gelder | WORLD ARK ASSOCIATE EDITOR

Overwhelmed by the consumer fervor that was swelling her credit card balance while draining her holiday spirit, author Judith Levine decided it was too much. It was time for a year’s reprieve from shopping malls and bargain bins. For one year, Levine and her partner would opt out of the shopping scene altogether.

*Not Buying It: My Year Without Shopping* is a 12-month chronicle of one couple’s struggle to forgo western culture’s consumer luxuries. It was an experiment the author jumped into with equal parts enthusiasm and trepidation. What will she do for fun if she can’t meet friends for lunch in a restaurant or at the theater for a movie? Will she miss the thrill of new high heels and good wine?

“Materially, we will survive. That’s the least of my worries,” Levine wrote before she put away her checkbook. “But, I ask myself, can a person have a social, community, or family life, a business, a connection to the culture, an identity, even a self outside the realm of purchased things and experiences? Is it even possible to withdraw from the marketplace?”

Levine gears up for the January 1 start of her shopping hiatus, stocking the liquor cabinet, renewing magazine subscriptions, buying the DVD player she’s had her eye on. At 10 p.m. on New Year’s Eve she succumbs to a last-minute online shopping spree.

But her provisions don’t last long. Favorite socks go missing and can’t

be replaced. And how do you have a business lunch when restaurants are off-limits?

These quandaries get Levine thinking. She begins to truly understand the epidemic of “affluenza,” defined as a “painful, contagious, socially transmitted condition of overload, debt, anxiety and waste resulting from the dogged pursuit of more.”

Levine finds she’s not completely cured of her own case of affluenza. Lime green stilettos beckon from a boutique stand. She wonders what she can give her niece for a graduation present. In August she falls off the wagon, visiting a clothing shop just to look around and leaving with a new pair of pants.

The middle third of Levine’s book is the weakest as she takes a detour into politics. Sarcasm and self-righteousness peek through as she rails against the Republicans. While her point that

politics and the consumer culture go hand-in-hand is well taken, this fever-pitched rant isn’t going to win anyone over to her side. Another weakness comes from Levine’s sometimes too-slick writing style. The book is filled with a few too many word plays and

even some gratuitous sexual references. We all know that sex sells, but do you really need to compare yachts to male genitalia?

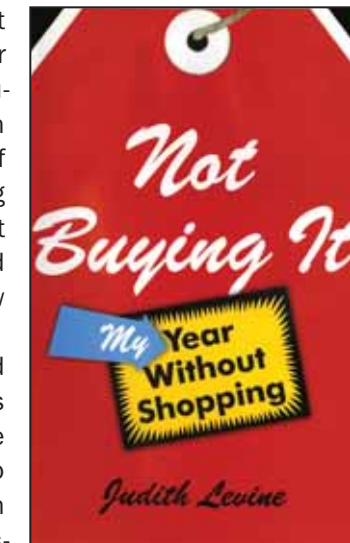
By December, Levine finds that she spent \$8,000 less than she had the year before, and that her 13-year relationship has grown stronger. She’s lost a few pounds and gained a new appreciation for talking, walking and people-watching. Relying on free concerts and the public library for entertainment, Levine and her partner come to realize that art and

learning are cruelly under-funded and out of reach for those without money for private school tuition and museum memberships.

“Self-exiled from the shops and eateries, we had no place to hang out but the olde publick square. There we found much that was rich and surprising, but we also discovered that what our nation owns in common is in critically bad shape.”

Although a bit on the long side (264 pages), *Not Buying It*

may be worth paging through if you find yourself caught up in the more-is-more mindset. Levine is clearly better off after stepping away from the credit cards for 12 months. This book might inspire you to do the same.



Judith Levine  
Free Press, 2006  
Hardcover | \$25.00



# An Unlikely Pair: Boxer, Beatrice Team Up

By Ray White | HEIFER PUBLIC INFORMATION DIRECTOR and Austin Gelder | WORLD ARK ASSOCIATE EDITOR

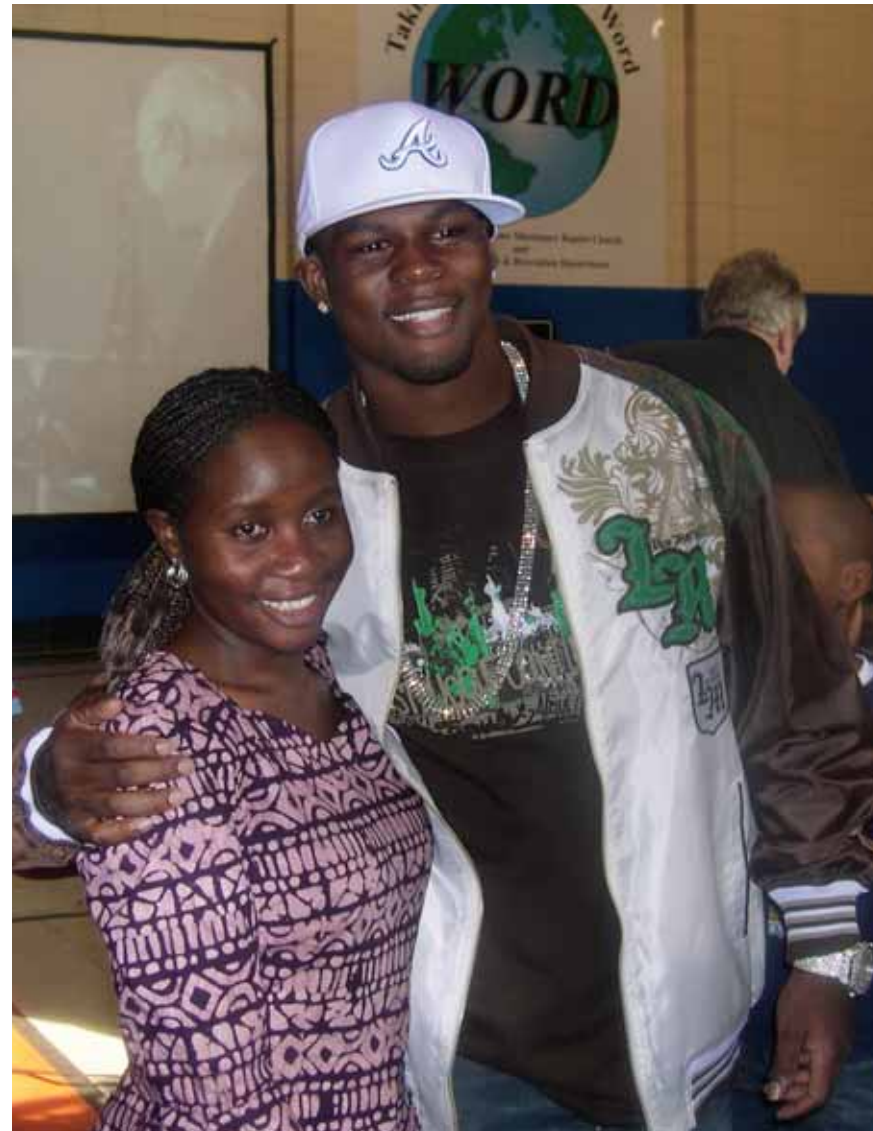
One is tall and imposing, the other petite and soft-spoken, but both middleweight champion of the world Jermain Taylor and Heifer success story Beatrice Birra were well-known among the students at the St. John's Baptist Church youth center before their visit last spring.

Most of the students read the best-selling *Beatrice's Goat* in school and knew of Birra's journey out of poverty that came after her family received a goat from Heifer International.

And all of the students knew about Taylor's athletic career that began in their own east Little Rock neighborhood and led him to the top of the boxing world.

Although Taylor and Birra took vastly different paths to get where they are today, the two shared the same simple message when they met with the elementary school students: nothing worthwhile can be achieved without hard work and dedication.

Birra's family, from Uganda in eastern Africa, received a goat from Heifer when she was 9 years old. The goat, named Mugisa (or "Luck" in her local language of Bokonzo) produced milk for the family to drink and sell. The money the family earned allowed the children in the family to go to school. Now 21, Birra is a junior on scholarship at Connecticut College in the United States. "I wanted to go to school because I wanted to be a pilot, a veterinarian, a doctor—anything big," Birra told the children. "If you work hard, you can be whatever you want to be."



Jermain Taylor and Beatrice Birra join forces to inspire elementary students.

Taylor echoed Birra's belief that hard work brings success.

"There's always going to be someone who says you can't be a lawyer, or whatever you want to be," he said. "So you just put 110 percent into whatever

you want to do."

Birra is a role model for 10-year-old Raeven James, who is also putting all her efforts into her education. Raeven said Birra's visit renewed her commitment to making good grades in hopes



Children at the St. John's Baptist Church youth center in Little Rock listen as Taylor and Birra share secrets of success.

of being a doctor someday and finding cures for HIV/AIDS and cancer.

Eight-year-old Carlton Shutes, a student at Booker T. Washington Elementary, was more excited about seeing a professional boxer in person.

"That was one of my dreams to see Jermain Taylor," he said.

And even months after the visit, Carlton remembered what Taylor said.

"He told me to be a student first and then to be an athlete," he said. "Since then, I've been trying to get straight A's."

Taylor was accompanied by his mother, Carlois Reynolds of Little Rock, who helped plan the visit.

"I wanted him to be here because so many kids here look up to him," she said. She told the children that when Taylor was younger, he looked just like them, and that if he could be

successful, then they could too.

Youth center director Rev. Kendall Ashley and Heifer staff coordinated with Taylor's mother to plan the visit during the Heifer International Center Headquarters grand opening when Birra would be in town to share in the celebration.

At the building dedication, Birra heard herself praised by former President Bill Clinton and Prof. Jeffrey



Birra signs a copy of *Beatrice's Goat*.

Sachs, author of the national best-seller *The End of Poverty*. Sachs said during the ceremony that he had a new precept for international development that he called "Beatrice's Theorem" because her story was proof that in international development, small inputs can yield large impacts. Heifer has shown, Sachs said, "that low-cost interventions, such as giving a goat to an impoverished family, not only enables that family to feed itself, but also to begin to earn income, to save and to accumulate capital for the future."

Their appearance at the youth center was sponsored by the Shalom Zone project of Pulaski Heights United Methodist Church and Duncan United Methodist Church in Little Rock, which has youth programs in the neighborhood.



# Waking Water: Llama Drama Changed My Life

By Jayce Hafner | LLAMA DRAMA PARTICIPANT



Llama Drama 2006 participants take a group tour of Heifer Ranch.

It's 12:15 a.m. Thursday morning. Or maybe it's 1:00, 2:05, or even 3:00. No one knows for sure because watches and clocks are forbidden in the Global Village. We drag our cots out under the sky and lie on the hill watching the star showers. I smile and turn my eyes upward just in time to see a fiery star drop from the stratosphere. It's gone in an instant. Over to the west a thunderstorm is brewing; the lightning flashes like fireworks and we gaze with wide eyes. I wonder if it will rain, but the storm

holds off. Looking back, I'm glad it didn't rain, because we weren't ready for it that night. The process was just beginning, and we had a way to go before realizing the significance of a drop of water.

We were a group of 17 high school artists who arrived at the Heifer International Ranch on August 1, 2006. We called ourselves the Llamas because we came to Perryville to be part of Heifer's Llama Drama program. Our 12 days together were comprised of time in the Global Village 2, educa-

tional seminars, brainstorming, writing, dancing, singing and finally, creating our original production, "Drop." We were hoping to use our art to change the world.

Early Wednesday morning we began our Global Village journey. We "Llamas" were divided into groups of eight and assigned to three "virtual" areas: Mozambique, the Mississippi Delta and Tibet. The Global Village is situated on a hill. At the top of the mount, to the right, lie the cinderblock dwelling and straw-thatched mud huts



of Mozambique. To the left of the hill is an old, rusty school bus next to a small wooden home with a chicken pen out front. This represents the Mississippi Delta. Finally, at the foot of the hill are three yurts: two small, one large. This is Tibet.

Tibet was my country. We lived in a yurt, cooked Tibetan food and even wore some traditional Tibetan garb. We also did strenuous physical labor. This included cleaning the goat pen, turning over the compost pile, and milking the two goats, Ivy and Clover, morning and evening. We ate little and worked hard. At the end of each day, we Tibetans were thoroughly exhausted. The yurt was boiling hot inside, so we dragged our cots out under the sky and watched the star showers.



It's not all fun and games for Llama Drama participants; they must also work and immerse themselves in the Global Village experience.

Between our working hours, all three countries gathered for educational sessions with the GV2 staff. They led us in hands-on activities that exposed us to the realities of global poverty and hunger. Through role-playing, we learned about power, our choices and their consequences. The staff stressed the importance of buying local or fair-trade products. They showed us how one little purchase may not seem like a big deal, but our actions, like ripples on a pond, greatly affect the world around us. We learned that it is important to consume intentionally, to be aware of what it is we are supporting or putting down.

We left the Global Village inspired to create. Back at the Ranch, the Llamas shared a house and worked in a conference building. These two locations became the hub of our artistic exploration. Led by our six mentors and one director, we practiced drama, dance and vocal exercises. Every artist took something from a workshop and used it to make a contribution to the final product.

As the show began to take form, I loved observing all the creative projects: Suzanne, Emily and Maggie composing a song in the kitchen, Ashton writing a poem on his bunk, Kwmane perfecting a monologue in his room, and Andishe designing an interpretive dance in the conference space. Our creative juices were flowing, and each project influenced and inspired the others.

As we neared our performance date, we started brainstorming possible titles for our show. We voted for "Drop" due to its symbolic meaning. One drop creates ripples, and these ripples spread outward and touch other drops.

All too soon we had to leave the Heifer Ranch. Early on the morning of August 10th, we traveled to the Robinson Center in Little Rock.

Walking into the Robinson, we Llamas gaped in awe. It is a gigantic concert hall that seats 3,000 people, and most of us had never performed in such a large venue.

(Continued on page 42)



(Continued from page 41)

After completing the final rehearsal, the Llamas headed back to the hotel to change and prepare for the production. As we left the theater door, we were greeted by rain dropping on the Little Rock pavement. The past 10 days had prepared us; we were finally ready.

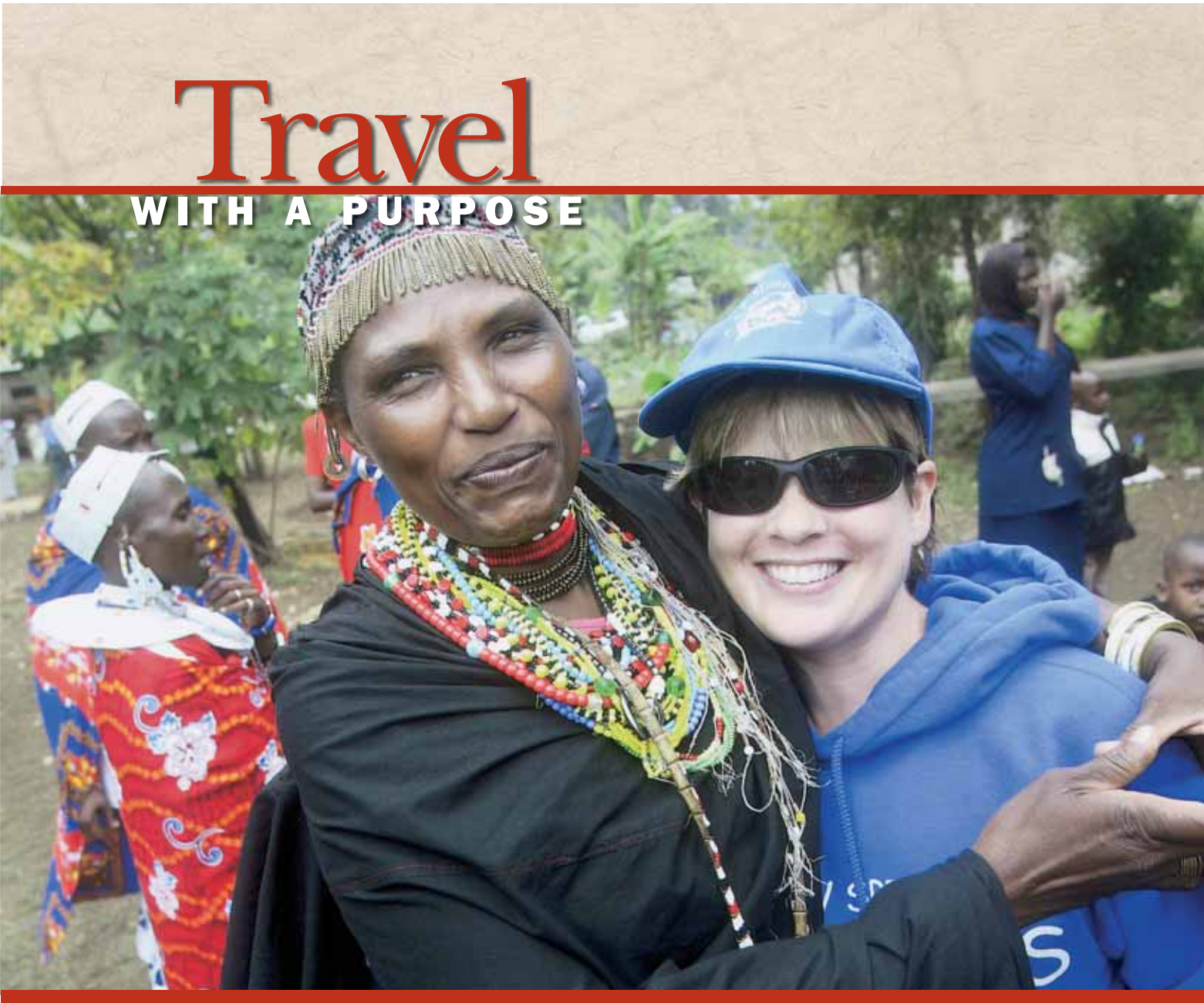
There was anticipation in the air as crowds streamed into the Robinson. I felt like a drop myself, ready to plummet at breakneck speed to earth; I couldn't wait to burst onto that stage. After giving our final bow to a standing ovation, we shouted and hugged and made our way to the lobby to greet family and friends.

"Drop" was an offering, a gift that we passed on to everyone. "Drop" created a ripple that began with us at Heifer Ranch and spread to the audience in Little Rock. Heifer helped the Llamas awaken to a higher consciousness, and we, in turn, hoped to wake others to this state of awareness. Waking up, rippling outward, Passing on the Gift; this was our journey.

Isn't it exciting to imagine what might happen if everyone awakened, if all people allowed themselves to be elevated, to be part of the gathering, to be dropped down again in a ripple to waken the world? I'm rippling out to you now. Pass it on.



Jayce Hafner, 17, is from the Shenandoah Valley in Virginia. She has a passion for people, travel, guitar and goats. Hafner aspires to live on a farm and write children's books. Llama Drama was originally created by Lauren Gunderson for Heifer Project International.



# Travel

## WITH A PURPOSE

Heifer International invites you to **Travel with a Purpose** by joining a Study Tour. This is your chance to meet our project partners and see firsthand how help from people like you is making an incredible difference. Travelers return home with a renewed commitment to Heifer's mission to end hunger and poverty and care for the earth.

Below is a preliminary listing for Study Tours during 2007. This is not a final list as countries may be added or removed as necessary. Many trips do not have tour leaders to contact at this time and details may not be complete. If no tour leader is listed please send your request to [studytours@heifer.org](mailto:studytours@heifer.org) and we will share trip information on your area of interest as it becomes available.

ASIA/S. PACIFIC	AMERICAS	AFRICA	CENTRAL & EASTERN EUROPE	
<b>Thailand/Myanmar*</b> March 1 - 15 Tour Leader: Rex Enoch <a href="mailto:rex.enoch@heifer.org">rex.enoch@heifer.org</a> (501) 907-2855	<b>Mexico*</b> April 5 - 11 <b>Honduras</b> 10 days available on request year round for your group of 15-20 participants.	<b>Cameroon</b> May 18 - 31 Tour Leader: Umaru Sule <a href="mailto:umaru.sule@heifer.org">umaru.sule@heifer.org</a> (215) 248-5822	<b>Poland</b> May 19 - June 2 Tour Leader: Jan Schrock <a href="mailto:jan.schrock@heifer.org">jan.schrock@heifer.org</a> (207) 878-6846	<b>Lithuania*</b> June 17 - 27 Tour Leader: Sherry Betts, PhD <a href="mailto:sbetts@u.arizona.edu">sbetts@u.arizona.edu</a> (520) 621-9756
* First Heifer Study Tour to this region				



**COMING SOON!**  
April - Zimbabwe  
Summer - Tanzania  
September - Bolivia  
September - Russia  
Fall - China

Do you have a request for an area or time of the year? Please send your request to: [studytours@heifer.org](mailto:studytours@heifer.org) We'll advise you as new trips become available.

Heifer International's Llama Drama is a summer performing arts program that provides high school students with a unique opportunity to learn important lessons about hunger and poverty while strengthening their performing arts skills. The two-week program combines creative workshops with a Global Village experience and culminates in a powerful public performance.

Encourage a promising performer you know to grow as an artist while making a difference this summer!



## Do you know an aspiring young artist?



To download an application for **Llama Drama 2007** or to learn more about the program, visit our website at [www.heifer.org/drama](http://www.heifer.org/drama).



## Bathing Beauties Look out for Ed

By Austin Gelder | WORLD ARK ASSOCIATE EDITOR



Contributors to the "Ed Fund" raised more than \$2,500 during a backyard auction.

It all started in 1999 during a sailing trip in the British Virgin Islands. Sitting on the boat one night, anchored just a few yards offshore of St. John, Barbara Brown and her friends heard a noise.

"Ed...Ed...Ed?"

"I think someone up there is looking for her husband," someone said.

It wasn't until the sun came up that the women realized the voice they heard came not from a worried wife but from a chatty goat ambling along the shore. The women christened the goat Ed and decided they would like to see more of his kind around. When they got home to North Carolina, the five women set up an "Ed Fund" to donate goats to developing countries

through Heifer International.

Since then, the group based in Cornelius, N.C., has grown to 50 members. Donors to the Ed Fund get together three or four times a year for fundraisers.

"We've got this wild group of fun-loving women who like to contribute to Heifer," Brown explained.

The last fundraiser, an auction of goods from the Heifer International catalog, took place in her backyard swimming pool on a hot July day. Everyone paid \$25 at the door for lunch that was donated by Panera Bread. Then the women jumped in the pool to keep cool during an auction. As a model walked around the pool with carved bowls, salad tongs,

T-shirts and other fair trade goods, the women in the pool shouted out their bids. Brown paid only \$225 for the auctioned items, but the auction netted \$2,541—enough to buy 21 goats.

The group has held yard sales and sold arts and crafts to raise money for goats. They've also hosted spring, Halloween and garden parties. The proceeds from these events, more than \$7,000, have already bought 59 goats, along with a few chickens.

Because of the Ed Fund's popularity, Brown says she expects to send even more "Eds" to developing countries to help end hunger and poverty.

"Everybody loves it," she said. "It just keeps growing and growing."

## Students Celebrate "Heifer" Week

By Jaman Matthews | HEIFER STAFF WRITER

Several years ago, Katherine Semisch, an English teacher at Central Bucks High School West in Doylestown, Pa., formed a Heifer Club for students at her high school. "The reason I started it," says Semisch, "was because I got the catalog in the mail. I stood in my kitchen, looking at the photos, and realized that this HAD to come to my school." The club meets for 30 minutes every Thursday afternoon

after school. Here, they plan their events for the year and assign tasks to the student volunteers. "We never know who is going to show up and we have no club list, dues, membership or anything formal," says Semisch. "It's just strictly a matter of people coming and taking on jobs and then doing them."

Semisch returned from a Heifer study tour for educators to Honduras in 2005 with firsthand knowledge for the club. "The kids know that I have seen it myself. I was able to tell them about meeting the amazing people, both those who work for Heifer and the villagers themselves, and about the astonishing, inspiring changes I saw in the people and the land. Above all, what surprised me was their pride. In one of the Heifer videos, a man who gives milk from Heifer heifers to local orphans in Rwanda says, 'I am a man among men.' That's what I saw in Honduras. I don't know anybody in the First World who, on his way



Teacher Katherine Semisch with Heifer Club members (seated from left to right) Will Happ, Cathy Scott, Alison Spiro, (students standing, left to right) Estathea Lyons and Lauren Foster.

to work, says to himself that he's a man among men. I had to see this for myself before I knew to teach it to my students."

Inspired by this firsthand experience, the club held several events during the 2005-06 school year to raise money for Heifer. "We solicited non-perishables from local farms, put the jams and applesauce and pickles and beef jerky into baskets, wrapped them in cellophane and sold them as Christmas presents. Each basket contained information about eating locally to support farmers," explains Semisch. The group also sold holiday cards designed by the students and donation cards for people to give in lieu of presents.

The Heifer Club also sponsored a benefit concert. "Several choirs from all over our district volunteered to sing at a night of world music. Our school's choir hosted the concert and it included a slide show about Heifer, the Cornerstones and my trip last sum-

mer to Honduras," recalls Semisch. "The idea was to show people what Heifer has accomplished and how it does that, all wrapped in music and hope."

In April, they had Heifer Week at the school. The students made Heifer-related videos which were broadcast during home room. "During lunch we sold Heifer buttons for one dollar apiece and we had bake sales after school. We also had a Hunger Banquet, which was free to all who came, but we

did pass the hat at the end."

At the end of Heifer Week, the club held a four-square tournament. Students paid \$5 to enter. The winner received a trophy, "complete with plastic farm animals glued to the base," made by one of the club members. They also sold hot dogs, hamburgers and sodas. "It was part party and part fundraiser," said Semisch. In all, the club raised \$5,500 last school year, including a \$500 donation from the Student Government Organization.

Said Semisch of the Heifer Club's goals and its long-term impact: "In everything we do, we try to insert some education about poverty and hunger, Heifer, its methods, the Cornerstones and anything else relevant. We figure that raising the money is for now, but raising awareness and commitment and caring is forever. I have had several students go off to college and start Heifer clubs at their new campuses, so the ripples keep spreading."



# Brethren Carry on the Tradition of Giving

By Austin Gelder | WORLD ARK ASSOCIATE EDITOR

Heifer founder Dan West would certainly be proud of his fellow Church of the Brethren members in central Virginia.

Since 1984, Brethren in the region have come together each August for a World Hunger Auction benefiting anti-hunger organizations both local and international. Since that first auction the group has donated more than \$750,000 to help end hunger in their own community and around the world. Most of the money goes to Heifer International, but the auction also supports the Global Food Crisis Fund and local food pantries.

The idea for the auction came about when a member of the Antioch Church of the Brethren in Rocky Mount wanted to tie the region's farming heritage to a fundraiser.

"We were just so blessed that we wanted to share with people less fortunate," said Sandra Myers, a church member who helped establish the World Hunger Committee responsible for putting on the World Hunger Auction every year.

The new committee drew lots of interest from the congregation right away.

"The Brethren have always been in the forefront in peace initiatives



and service to God and our fellow man," committee member Charles Flora said.

The auctions were a hit from the start. The first one netted \$10,231 with the sale of cattle, rabbits, shrubbery, canned and baked goods, produce, crafts and bulldozing services. Livestock was the most popular item on the auction block for the first few years, but quilts, paintings and woodcarvings now draw the most interest.

Over the years nine other churches joined the committee. While the auction is still their main fundraising event, they also host walks, bike rides, golf tournaments and concerts. This year's events raked in \$32,750 for Heifer projects in Kentucky and Honduras.

Members of all the churches are also invited to join in on the Mustard Seed Project, where each participant is given \$20 and asked to make it grow. Proceeds are turned in during the auction.

The auction continues to grow in popularity each year, and the World Hunger Committee plans to keep it going strong.

"I don't think there's any way we could stop it now," Myers said. "It has a mind and spirit of its own."

## Children Changing the World

**Read to Feed** is an exciting global education and flexible service-learning program for 3rd through 6th graders that encourages children to read more books for pleasure while raising money through sponsored reading to help end world hunger and improve the environment.

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Call (800) 422-0474 or  
visit [www.HeiferEd.org](http://www.HeiferEd.org)

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- Bookmarks • "Real Kids, Real Animals" Catalogue



Celebrate the Milestones of Life


Honor Friends and Family

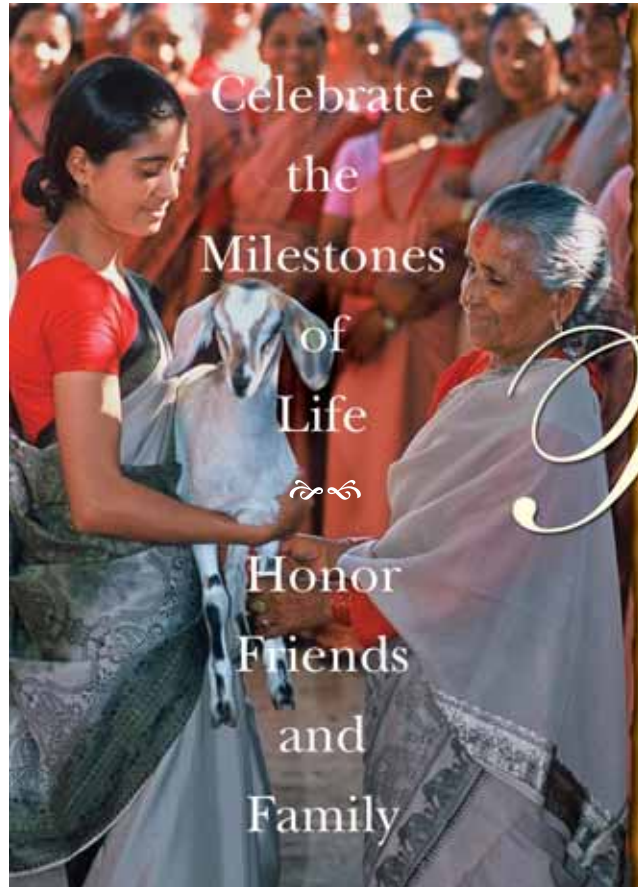
Heifer International's New Online Giving Registry

The Heifer Giving Registry works like any other gift registry. The difference is you choose gifts that change the lives of others.

Find out how to create a Giving Registry of your own at [www.heifer.org/giftregistry](http://www.heifer.org/giftregistry)

It's the perfect way to help others make meaningful gifts.







## THE HEIFER CALENDAR



### CERES CENTER

#### YEAR-ROUND FIELD TRIPS

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

#### GLOBAL VILLAGE

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

#### 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-day to full-day program.)

#### GLOBAL EXPLORERS

Learn how everyday choices affect our global community ecologically, culturally and geographically. (Fifth - sixth 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)

### 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

#### GOAT-KIDDING & MAPLE- SUGARING PROGRAM

**Feb. 20-26**—Two 3-night programs which share the baby goat birthing and the maple sugaring season with the farm.

#### WOMEN'S LAMBING EXPERIENCES

**April 30-May 12**—Three 3-night programs which share in the lambing experience, learn more about Heifer and the challenges women face relating to hunger.

#### YEAR-ROUND 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 PROGRAMS

Spend the night in Overlook Farm's Global Village complete with houses, meals and livestock from various countries,



## THE HEIFER CALENDAR

### HEIFER FOUNDATION

#### PLANNED CHARITABLE GIVING SEMINARS

Learn how to provide for yourself, your loved ones AND a world in need. Led by Foundation President and CEO Janet Ginn.

**March 8, 2007**—Hot Springs Village, Ark.

**March 29, 2007**—Memphis, Tenn.

For more information, visit [www.heiferfoundation.org](http://www.heiferfoundation.org) or call (888) 422-1161.

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!

## Mark Your Calendars Now!

#### January 10 -30, 2007

#### Going Organic: CCOF Foundation Workshop series

Monthly meetings November through February. Event schedule and workshop details at <http://www.ccof.org/goingorganic.php#goingorganicevents>

#### January 24 -27, 2007

#### Eco-Farm 2007

Ecological Farming Conference. Asilomar Conference Grounds, Pacific Grove, CA. Eco-Farm features prominent keynote speakers and more than 50 workshops on the latest advances in agricultural production, marketing, research and important issues. The conference provides a unique opportunity to exchange vital information with people from around the world while renewing your spirit at historic Asilomar on California's magnificent Monterey coast. More information at <http://www.eco-farm.org/efc/aboutefc.html>

### HEIFER UNIVERSITY PROGRAMS

#### February 15-18, 2007 HEIFER U 201

#### AT HEIFER RANCH\*\*

Sustainable Life Journeys: A Series of Moments, A Lifetime of Memories

#### March 8-11, 2007

#### BASIC COURSE AT HEIFER RANCH\*

#### April 12-15, 2007 HEIFER U 201

AT HEIFER RANCH\*\*  
Heifer's Peace Heritage and Peace Mission

#### April 26-29, 2007

#### BASIC COURSE AT HEIFER RANCH\*

#### June 21-24, 2007 BASIC COURSE AT RABUN GAP NACOOCHEE SCHOOL, RABUN GAP, GA.\*

#### Program Cost: \$225/person

(This includes all meals, lodging, program fees and transportation to and from the airport when appropriate)

The Heifer Ranch is located near Perryville, Ark. **For more information on these programs, contact Rex Enoch at [rex.enoch@heifer.org](mailto:rex.enoch@heifer.org) or call (501) 907-2855.**

\* Basic Course-Heifer Overview

\*\* This is a "post-graduate" program designed for individuals familiar with Heifer's work. It focuses on a more in-depth exploration of current global issues.

### INFORMATION

**CERES CENTER**  
Ceres, Calif.  
(877) 841-7182  
[cerescenter@heifer.org](mailto:cerescenter@heifer.org)

**HEIFER RANCH**  
Perryville, Ark.  
Ranch Events Office  
(501) 889-5124  
[ranchevents@heifer.org](mailto:ranchevents@heifer.org)

**OVERLOOK FARM**  
Rutland, Mass.  
(508) 886-2221  
[overlook.farm@heifer.org](mailto:overlook.farm@heifer.org)

**HOWELL NATURE  
CENTER HEIFER  
GLOBAL VILLAGE**  
Howell, Mich.  
(517) 546-0249  
[HCNC@howellnaturecenter.org](mailto:HCNC@howellnaturecenter.org)

All locations are open year-round for drop-in visitors. You may also schedule a field trip for your group.

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## Extreme Poverty on the Decline

According to the U.N. Food and Agriculture Organization, the proportion of people living in extreme poverty dropped from 28 percent in 1990 to 19 percent in 2002—a remarkable success. However, progress varied by region. Asia led the way in reducing poverty, but sub-Saharan Africa realized only a marginal decline in poverty rates. Chronic hunger (measured by the proportion of people not consuming their daily food needs) also saw declining rates—but at the current pace, overall progress is not on track to meet the U.N. Millennium Development Goals targets. The number of people going hungry is actually increasing, with Eastern Asia and sub-Saharan Africa in greatest need of scaled-up efforts. Keep up to date at [www.un.org/millenniumgoals](http://www.un.org/millenniumgoals).

## Cropland in Jeopardy

Earth Policy News recently reported that Nigeria, slightly larger than Texas, is losing 1,355 square miles of rangeland and cropland to desertification each year. While Nigeria’s human population grew from 33 million in 1950 to 134 million in 2006, a fourfold expansion, its livestock population grew from 6 million to 66 million, an eleven-fold increase. With the food needs of its people forcing the plowing of marginal land and the forage needs of livestock exceeding the carrying capacity of its grasslands, the country is slowly turning to desert. Nigeria’s fast-growing population is being squeezed into an ever-smaller area. To learn more, read Lester Brown’s *Plan B 2.0: Rescuing a Planet Under Stress and a Civilization in Trouble* or visit [www.earthpolicy.org](http://www.earthpolicy.org).

## Cassava’s Earning Potential

The FAO reports that developing countries should tap into the income potential of cassava. About 200 million tons of cassava are produced every year, and rural economies could perk up by turning the low-cost raw material of cassava into high-value starches. Small farmers would also get a boost through higher incomes from increased sales. Native to Brazil, cassava is grown throughout South America and the subtropical regions of Africa, Asia and the Caribbean. Visit [www.fao.org](http://www.fao.org) to learn more.



## The Difference Is in the “Do”



Llama

If you think you’re seeing double when you spy the camelid cousins llamas and alpacas, take a second look. The alpacas’ full topknot “hairdo” isn’t the only giveaway. Alpacas are much smaller at about 150 pounds, while llamas can weigh up to 300. Alpacas usually have shorter noses and symmetrical spear-shaped ears, while llamas have long banana-like ears. Alpacas are considered mainly fleece animals, but llamas can be used as pack or fleece animals. Llamas have flat backs and their smaller camelid cousins have slight upward curves. For more fun camelid facts visit [www.llama.org](http://www.llama.org).



Alpaca

## Darfur’s Continuing Crisis

According to the International Rescue Committee, more than 2.5 million people have fled their homes in Darfur to overcrowded refugee camps in Sudan and Chad. To date, as many as 300,000 people have been killed. Sexual assault on women and girls is also on the rise. The U.N. World Food Programme does report some encouraging news in Darfur—overall malnutrition rates stabilized in 2006 and food security has improved slightly. The malnutrition rate for children under 5 dropped from 21.8 percent in 2004 to 13.1 percent in 2006. These improvements are credited to a larger international response to the crisis. Learn more at [www.savedarfur.org](http://www.savedarfur.org).







## A Picture Worth Taking

By Russ Powell

*Russ Powell is a photojournalist who lives in Little Rock, Ark.*

Being a photojournalist, I tend to remember moments as pictures. Some of these moments are recorded with the snap of the shutter; others are simply stored as snapshots printed somewhere in my mind. My recent trip to Africa yielded a massive addition to both my photo portfolio and my memories.

I came to Africa to capture the experiences of a group of people traveling on Heifer International's Intergenerational Study Tour to Tanzania. As group members witnessed firsthand the methods used to change lives, as they saw how a single animal can change the dynamics of a community, I was there to record the colors, backdrops and looks on their faces. Of the thousands of photos I took that week, there is one that still creeps into my mind every day.

I was ready with my camera as young Ally McWhorter stepped out from a lush banana grove on the slopes of Mt. Meru in northern Tanzania. Away from the safety of the group, she turned and asked the translator, Simon, if she could speak. Her stare started at the feet of a Tanzanian family and rose slowly to meet their eyes as she thanked them for welcoming her into their homes and sharing their lives. She said she would take their story back to America.

Ally then extended her hand to the youngest in the group, and the two exchanged smiles. Like Ally, Cecilia is a small girl with a quick smile and lively eyes. Unlike Ally, however, Cecilia is battling an HIV infection in rural Africa, where quality health care is sometimes difficult to find. Goats donated by Heifer International provide the nutrients that help keep Cecilia alive.

There are some photos that simply must be taken, and this is one of them. I'm pleased I was there so this moment of unguarded compassion and international friendship can be shared for years to come.

I'll remember the sights of Tanzania, but also the sounds. Music always started my day. Drums woke me early, calling the children of Arusha to school. The music continued in the form of children's voices as they shouted "Jambo, mzungu!" (hello white man) as we lumbered down the bumpy roads toward our next project visit.

Projects differed from site to site, from beekeeper Frank Smith's single beehive on the slopes of Mt. Kilimanjaro to the raucous Maasai donkey project in the Ekenywa village. The animals and crops were different, but project participants all shared a strong sense of pride and passion for their work. Their confidence and drive eclipsed anything I had ever witnessed.

My time in Tanzania was one I will never forget, filled with wonderful moments, some photographed but most simply experienced and stored away in my mind and close to my heart.

I have always felt that the truly important lessons in life are not taught by a wise grandparent, or in a book, or even from a passionate teacher—they must be learned through experiences. But you don't have to travel around the world to understand the importance of compassion. Compassion can happen anywhere—schools, churches, traffic. It's just not as easy to recognize as when a 10-year-old girl steps bravely out from under a banana grove in Tanzania and extends her hand to another child.

# CHANGE THE WORLD

National Peace Corps Association

*Connect, inform and engage with those who value the Peace Corps experience and still want to make the world better...*



[www.peacecorpsconnect.org](http://www.peacecorpsconnect.org)

photography by Mark Manger



# Make your New Year's resolution meaningful. This year, resolve to help end hunger and poverty.



**M**any families around the world live, year in and year out, under the shadow of hunger and poverty. With your help, 2007 can be the beginning of a brighter, more hopeful future for them.

Please become a **Friend of Heifer** today!




**Friends of Heifer** are dedicated and compassionate people who agree to give as little as \$10 a month to help provide a steady, reliable source of support for Heifer's project work around the world.

You'll be providing a steady supply of milk, cheese, eggs and income to families suffering from malnutrition. And each month we'll send you a special report detailing how your monthly gifts of livestock and training are touching the lives of children and families struggling to overcome poverty and hunger.

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