

ENDING HUNGER SAVING THE EARTH

WorldArk

Making a career of

Working for Change

MARCH/APRIL 2007



Heifer honors the
2006 WiLD winners

Author Alice Walker
advocates for women

Dear Friends ...

By Jo Luck
President and CEO

On March 8, when the world celebrates International Women's Day, I will be celebrating the WILD winners who transformed their own lives and the lives of others.

Inspiration, for me, is easy to find. I can simply look at the stories of the 2006 WiLD award winners to see how far hope and hard work can take us. Early on, Heifer recognized the importance of full participation among women to create food sufficiency and a just society. Including those featured in this issue, all participants in Heifer's Women in Livestock Development projects are proof not only that women everywhere can achieve great things, but that their achievements send positive reverberations throughout their communities that touch other women, men and children, too.

Take, for example, Sister Alexandra Buretta, who travels by foot to hundreds of homes scattered around the town of Moshi in the shadow of Tanzania's Mount Kilimanjaro. Her drive to strengthen families and communities with pig projects has been a resounding success, especially considering that she's introduced pigs to women who have never before owned livestock. Since 2002, she has transformed the small gender equity program from a small group of women learning to sew to 26 vibrant women's groups, animated and empowered to help themselves and their neighbors through livestock projects.

The achievements of women from Honduras, Nepal, Kosovo and Cameroon are also celebrated in this issue, and their stories of triumph over poverty are inspiring. Can you imagine starting life with a father who considered you a bad omen because your mother died when you were 11 months old? Despite this inauspicious start, along with her poor health and a lack of education, Sabitra Guragain of Nepal carried on. Even when she was bedridden for a whole year and her husband became too weak for his job as a rickshaw puller, Guragain endured. In 1999 she joined a Heifer-



Jo Luck admires the handwork of members of the Navajo Nation.

sponsored group and received the gift of a water buffalo. Today, her family is healthy, her children are pursuing their education and Guragain is happy to share her good fortune.

On March 8, when the world celebrates International Women's Day, I will be celebrating Guragain, Sister Buretta and all the other WiLD winners who transformed their own lives and the lives of others.

Continuing my personal salute to women who make a difference, don't miss in this issue the internationally acclaimed author Alice Walker in our Asked and Answered section on page 24. Author of the Pulitzer Prize-winning *The Color Purple*, Walker frequently writes about women facing seemingly insurmountable odds.

Rounding out this woman-centered issue is a review of *Unbowed*, a memoir by Nobel Peace Prize winner Wangari Maathai. This powerful book, which chronicles Maathai's work to re-green her native Kenya while challenging the male-dominated political establishment, is especially fitting as we celebrate National Women's History Month this March.

PREVIEW

WORLD ARK
MARCH/APRIL 2007

**“When women are empowered, as we know,
this leads to the empowerment of everyone.”**

– Alice Walker



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Experts offer guidelines and advice on making a career out of serving others. Forging a career isn't a linear process, according to authors Derick and Jennifer Brinkerhoff. Instead, they explain careers as spirals that progress as individuals make choices, gain knowledge and experience the world.

17 Meet the 2006 WiLD Winners

Heifer honors the work of Women in Livestock Development participants from Nepal, Tanzania, Honduras, Kosovo and Cameroon. These remarkable women are sharing their successes with their families and neighbors.

26 Remembrance of Days Past: The Prentiss Institute at 100

The crumbling buildings that once housed the Prentiss Institute remind a Mississippi community of its past, when struggling African Americans made the most of Heifer gifts and shared the bounty with their white neighbors. Today, community members are working to memorialize the institute with a museum.

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Breaking Bread

My family began donating to Heifer International a few years ago after we first heard about your organization. I'm really inspired by what you have done every single year—you have made it easier for anybody to donate something to a worthy cause, even if, like me, they're a high school student with a limited budget. This holiday season, I gave a series of small donations (like a flock of chicks), each in the name of a different friend. I explained to the recipients what Heifer was and what you did. My friends tell me they began sending donations of their own because of my initial gift. How about that!

Along with my gifts I included a holiday card I created. Because the donations were a central theme of most of my gifts, I gave the card a Heifer-y theme as well. After all, the opportunities that your organization provides for people can really create a sense of joy that is appropriate for the holidays or year round.

May you continue serving the world and making it a more joyous place to live!

Blue Delliquanti
Plymouth, Minn.

We just read your story “New Roots in America: Immigrant Farmers Make a New Home” in *World*

Ark. Your organization is to be congratulated on the positive journalism. We look forward to a continued expansion of the New American Sustainable Agriculture Project that benefits the refugees and immigrants with organic agricultural growing and marketing skills.

Bob and Ella Mae Packard
Lisbon, Maine

Praise for NIFI

I love getting the *World Ark*—it's pure inspiration! I was so excited about the last edition because the cover and feature story was in my state. I am the director of one of the



Blue Delliquanti created this Heifer-themed card to give to friends. The card reads (from left to right) “Love” in Russian, “Happiness” in Chinese, “Peace” in Hebrew, “Hope” in Arabic and “Food” in Spanish.

31 Healthy Maine Partnerships and in our regional group we are focusing on promoting eating local foods and farm-to-school projects. It was heartwarming to see this opportunity for new people to our state to find ways to bring their traditions, knowledge and love of the land, while also creating an income and sense of empowerment. Feels like a win-win to me. Thank you for this sense of universal hope.

Carol Emery
Rumford, Maine

For years our kids (ages 4 and 7) had been talking with their grandmother about how much they enjoy different soups (especially her soups), and about how fun it would be to create a soup cafe at our house someday. One day when my son Jeremy was 6 years old, the name Soup Soiree popped out of his mouth. We all liked it, and having a name for our fantasy cafe sealed the deal. Now we really had to make this vision a reality. For one night we would transform our home into a cozy cafe, serving homemade soups, fresh-baked breads, salads and homemade desserts.

This fall, we decided to take it on as a well-rounded home schooling project and fundraiser for Heifer International. We advertised the event by word-of-mouth in our neighborhood and easily filled reservations for two evening seatings of 20 people each. We went to the co-op grocery store together to buy what we didn't already have on hand from our organic CSA farm share. The children wrote out the daily special menu boards and a big sign for our front porch. We all cooked together.

We found that families and individ-

uals were very happy to have a nice "meal out" at a very reasonable cost, and were more generous because all of the profits were being sent to Heifer. The community feeling of people and cafe tables filling our house and neighbors enjoying companionship and generosity was priceless.

Melanie Putz Brotz
Burlington, Vt.

Q&A, January/February

Do you think it's important to help farmers stay in business? Why or why not?

I believe that it is important for small farmers to stay in business so long as they produce products for self and local consumption. I think that factory farms are destroying the farming industry and are providing "plastic" food which is not fit for human consumption.

Linda Peterson
Hillsborough, Calif.

Q&A

*What do you think
is the biggest cause of
hunger in developing
countries?*

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



PRESIDENT AND CEO

Jo Luck



1 World Avenue
Little Rock, AR/USA 72202
E-mail: worldark@list.heifer.org

To change or remove an address, please e-mail donoraction@list.heifer.org or call customer service at (800) 422-0474.

PUBLISHER

Tom Peterson

COMMUNICATIONS DIRECTOR

Michael Haddigan

EDITOR

Sherri Nelson
sherri.nelson@heifer.org

ASSOCIATE EDITOR

Austin Gelder
austin.gelder@heifer.org

CREATIVE SERVICES MANAGER

Angela McDaniel

GRAPHIC DESIGNERS

Pooi Yin Chong
Grace Domagala-Zobkov
John Houser

WRITER

Jaman Matthews

SENIOR PHOTOGRAPHER

Darcy Kiefel

ADVERTISING SALES

Judith Velasco
worldarkads@heifer.org
(501) 907-2936

World Ark is the magazine of Heifer International, a global nonprofit working with communities to end hunger and poverty and care for the earth.

Since 1944, Heifer has helped 8.5 million families in more than 125 countries move toward greater self-reliance through the gift of livestock and training in environmentally sound agriculture. The impact of each initial gift is multiplied as recipients agree to "pass on the gift" by giving one or more of their animal's offspring, or the equivalent, to another in need.

Heifer International is a member of Interaction, the largest alliance of U.S.-based international development and humanitarian non-governmental organizations, and of Global Impact. Federal and state employees may designate gifts to Heifer through payroll deduction by entering CFC #0315. © 2007, Heifer International

A Working Vacation

More and more high school and college students are forgoing the traditional rowdy, sunburned spring breaks to spend their days “off” helping others. Last year, thousands of students headed for the Gulf Coast to clean up and rebuild after Hurricanes Katrina and Rita. This year, thousands more will travel in the United States and abroad to build or repair homes, carve out new park trails, help protect endangered species and build new schools in poor communities. Interest in these alternative spring breaks has grown steadily since 2000, according to Campus Compact, a coalition of colleges and universities that aims to promote the civic mission of higher education.

Some student volunteers earn academic credit for their hard work. Many pick up new carpentry skills or knowledge about conservation—and all of the students earn a sense of pride and accomplishment. For more information about alternative spring breaks, visit www.nationalservice.gov.



A Homemade Easter

Easter egg dye is simple to make yourself using all-natural ingredients. You can even add the dye, along with a splash of white vinegar, while the eggs boil to save time and clean-up. Or you can make batches of dye to use on pre-boiled eggs.

To make the homemade dye, boil juice, onion skins or other ingredients until the water takes on the proper color. Add a teaspoon of vinegar, then steep the eggs in the dye until they're basket-ready.

Color	Dye Ingredients
Lavender	Purple grape juice Violet blossoms plus 2 tsp lemon juice
Violet Blue	Violet blossoms Red onion skins
Blue	Canned blueberries Red cabbage leaves Purple grape juice
Green	Spinach
Greenish Yellow	Yellow Delicious apple peels
Yellow	Orange or lemon peels Carrot tops Celery seed Ground cumin Ground turmeric
Brown	Strong coffee Instant coffee Black walnut shells
Orange	Yellow onion skins
Pink	Beets Cranberries or cranberry juice Raspberries Red grape juice Juice from pickled beets
Red	Lots of red onion skins



Eat Lunch, End Hunger

Students at the University of North Carolina at Chapel Hill are raising thousands of dollars for the hungry and learning a lot about poverty—all on their lunch breaks. A student group called Nourish International began serving the simple bimonthly meals of rice, beans and cornbread in 2003. Students pay \$3 per meal to get a taste of the staple foods that so many people in impoverished regions eat every day. The money raised funds projects that help poor communities in India, Argentina, Bolivia and Uganda develop sustainable means to improve their standards of living.

You can easily host your own simple meal for co-workers, friends or church members. Charge \$3-\$4 a person for homemade vegetarian soup, bread and fruit. Remember, a simple meal requires that diners have few if any choices, so offer only one kind of soup. Make sure the portions are sufficient but not generous.

Sources: Right Sharing of World Resources (www.rswr.org) and Nourish International (www.nourishinternational.org)

Simple Vegetable Soup (makes about four gallons)

- 4 c. celery simmered in 1 c. water and 1 Tbsp. oil
- 1 head cabbage, chopped and steamed with a bay leaf
- 2 c. red peppers simmered in water and 1 Tbsp. oil
- 4 c. rutabagas
- 4 onions and 4 cloves garlic simmered together in 2 Tbsp. oil and 1 c. water
- 4 c. carrots, sliced
- 1 medium eggplant, sautéed in oil
- 4 c. zucchini
- 4 c. yellow squash
- 8 c. crushed tomatoes
- 4 c. string beans
- 4 c. peas

Chop or dice each vegetable into small pieces and cook separately until tender. Combine all ingredients, along with their cooking water, and bring to a simmer. Season with salt, basil, bay leaf and other herbs and spices. Add 1 pound of cooked brown rice during the last 15 minutes of cooking.

The Green Thumb

Worms at Work

Don't have space for a compost pile? Always forget to turn it? Try a worm bin instead. Vermicomposting—composting using worms—requires no special equipment. You need only a plastic bin with a lid (the size depends on how much organic waste your family creates) and some shredded newspaper. In fact, the only thing you'll likely need to buy are the worms. The bin must have air holes near the top and drainage holes in the bottom so the contents don't get too wet.

Set the bin on a plastic tray to protect floors from draining liquid. Tear strips of newspaper for bedding. Once the bin is filled with the bedding, add a few handfuls of good garden soil, moisten slightly and mix well. Now add your worms. Red wigglers, the best for worm bins, are sold online. Now bury kitchen scraps—fruit, veggies, coffee grounds, tea bags—in the bedding and replace the lid. That's it. The worms do the rest of the work. In a few months, your scraps will be wonderfully rich compost.

For more information:

www.yucky.com/flash/worm/pg000224.html

www.urbanext.uiuc.edu/worms/neighborhood/index.html

whatcom.wsu.edu/ag/compost/Easywormbin.htm

www.sierraclub.org/e-files/worm_bins.asp



An oil painting of a man in a dark blue suit and red tie, bent over and digging in a field with a shovel. The field is characterized by vibrant, diagonal stripes of orange, yellow, and green, suggesting a mix of soil and vegetation. A black briefcase sits on the ground near his feet. The background shows rolling hills under a dramatic, cloudy sky with warm, golden light.

Making a career of **Working**



By Derick W. Brinkerhoff |
RTI (RESEARCH TRIANGLE INSTITUTE) INTERNATIONAL
AND GEORGE WASHINGTON UNIVERSITY

Jennifer M. Brinkerhoff |
GEORGE WASHINGTON UNIVERSITY

for Change

People of all ages and backgrounds are moving beyond short-term volunteerism to make careers out of helping others. Increases in Peace Corps enrollment and the growing popularity of AmeriCorps are proof that people not only want to serve, they want to change the world for the better, both at home and abroad.

Those who work in international service come to their careers in many different ways. Some are moved to action after witnessing deprivation, injustice and inequality. Some are nudged toward international service by friends, teachers or colleagues. Still others come to the field from an academic perspective, studying economics, anthropology, health or education. These scholars often push beyond the academy to apply their knowledge to help the disadvantaged.

Public service encompasses work in three sectors: government, nonprofit and business. Public, in this sense, refers to a field of work where the benefits contribute to widely distributed social goods, as opposed to private individual gain. Public service tackles the greatest challenges with the highest expectations—due in part to the dire needs disadvantaged people face and the scarcity of resources available for the effort. The needs are most evident in countries of the developing world, and many choose a path of international public service specifically focused on “development.”

Development terminology is laden with

as Westerners entering alien cultures, global Southerners working in Northern countries, or in addressing poverty and marginalization in our own backyards.

THE SERVICE-CHOICE SPIRAL

Psychology tells us that we make rational sense of our careers after the fact; looking back, it all seems to be part of a grand plan. Despite our tendency to organize our career stories in a logical progression in retrospect, few, if any of us, can actually say in all honesty that we planned our careers and carried out the plans accordingly.

The image of career planning as a set-the-goal, plot-the-steps process misses both the

The image of career planning as a set-the-goal, plot-the-steps process misses both the reality and the richness of the what, where and how of peoples' career choices.

political baggage, having evolved from a Western-centric view of modernization toward an image of “development with a human face,” “people-centered development,” “development as freedom,” and a host of other characterizations that seek to capture the idea that development is more than simply a question of economics. Development remains descriptive both of societal patterns and processes found in many countries around the world (poverty, economic and social deprivation, lack of capacity) and of future goals (having more and being more). Many see international public service—and development work, in particular—as encompassing all countries of the world. The drive to expand people’s choices and quality of life is universal, whether we pursue these aims

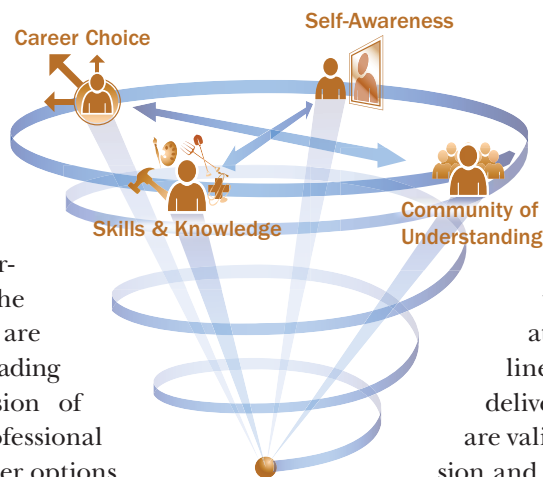
reality and the richness of the what, where and how of peoples’ career choices.

We choose to depict this process as a spiral, not a ladder, because advancing through the spiral leads to new combinations of competence and practical application, rather than simply transferring existing competencies to different situations in a linear fashion.

Service-oriented careers are more about a mindset than about career paths. We offer here some thoughts about that foundational mindset, included in a framework for thinking about a service career trajectory. Specifically, the service-choice spiral encompasses self-awareness, serving in community, skills and knowledge, and job choices. The service-choice spiral hones in on the personal pathways, capacity-building, and

choices we make, consciously or otherwise, as we pursue service careers.

By making this process more conscious and strategic, you can enhance the contributions of your service choices both to yourself and to others. As new and mid-career public servants progress along the spiral, the four steps are mutually reinforcing, leading to a general expansion of personal growth, professional development and career options.



application of standards for equity and fairness; others are more equipped

to work through human interaction, cultivating trust and understanding.

Some are better at facilitating and improving the efficiency and effectiveness of others who are more skilled at working on the front lines of direct service delivery. All of these roles are valid paths for the expression and enactment of compassion and service.

SELF-AWARENESS

Self-awareness begins with an understanding of your values, strengths and relative weaknesses. This understanding provides the foundation for the integrity and genuine concern for others that informs effective public service.

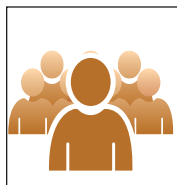


Awareness of your values helps you determine your own vision for what service is and how to balance the inevitable tensions between competing values and practicalities. Of course, this is not a one-time plan or decision. But having an initial understanding of your own position is the best starting point for navigating each context. This requires actively reflecting on these questions and knowing clearly why you are pursuing international public service in the first place.

Self-awareness helps people to match their individual set of competencies and preferences for application within the variety of available avenues for public service. Some individuals are more skilled in organizational processes and the consistent

COMMUNITIES OF UNDERSTANDING

The second step in the spiral is finding meaning in community and dialogue. Operating in community means that we accept we are not out to change the world as individuals. Humility is in order as we recognize that we cannot alone save the world. Community is also a source of mutual empowerment and learning as we identify shared understandings and synergies in skills and approaches. The motivation is not the ego, but the helping, and the helping is shared in the sense of working together,

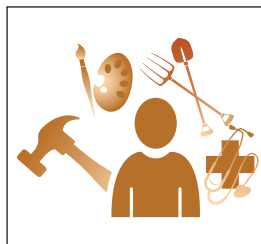


and being transformed together. Our notion of communities of service incorporates our own teams and organizations and most especially those with whom and perhaps for whom we perceive we are working. This conception is broader than the common view of occupational communities, which draws a boundary between professionals providing services and their beneficiaries and clients.



SKILLS AND KNOWLEDGE

Knowledge and skills in several areas are necessary for an effective career of service. First, is what we call the “lay-of-the-land.” It refers to a general understanding of how things work. It encompasses country- and region-specific knowledge and lan-



guage study, as well as generalist skills in terms of knowing what you don't know and knowing how important players think and how to benefit from their

knowledge. This includes a good working knowledge of governments and political systems and how they operate.

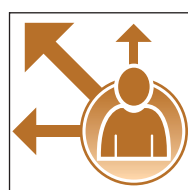
The second area is technical skills sometimes thought of as the “hard” skills. International public service requires a basic understanding of economics, budgeting, financial management, planning and evaluation, policy analysis, and performance measurement and management. It also requires skills of facilitation, negotiation, and conflict resolution. Some also choose to specialize in areas such as health, family planning, education, agriculture, and humanitarian assistance—requiring associated technical skills.

The third area is people skills. These so called “soft” skills are ironically the hardest to learn. Such skills are essential, perhaps not to acquiring that first job, but for advancing to increasing levels of responsibility and influence. These skills include relationship management, self-awareness, and social awareness. Whether considering theory and practice related to motivation, leadership or organizational change, the ability to mutually inspire and lead together is increasingly emphasized. Related skills include influence, communication, leadership, conflict management, networking, collaboration and team skills.

CAREER CHOICES

The combination of self-awareness, skills and knowledge and community of understanding leads to choices about where to work. An important consideration is whether to serve at home or abroad. Issues and needs related to socio-economic development, social change and empowerment cannot be neatly separated according to a country's overall degree of economic advancement. As is widely recognized, there are many impoverished communities in the Global North. The commonality of service needs also means that the skills and experience you accumulate can be transferable.

One of our communities of understanding is the organization for whose mission and agenda we choose to work. Therefore an aspect of our work is the continuous definition and transformation of that organization and its agenda.



Most individuals prefer to work for organizations and agendas consistent with their own values. However, others may choose to work

for organizations with an intention to influence and change them from within. Research on learning organizations suggests that the self-actualization of individuals and organizations are one and the same. While this does not necessitate a perfect alignment of values at the start, it does imply a mutual transformation.

Individuals at different stages in their careers, perhaps in different contexts, may decide to work for change from inside the system they target for transformation, or from the outside. Some, for example, may seek to work for large powerful bureaucracies, such as government agencies. Others may choose instead to participate in civil society advocacy organizations and networks to improve the workings of these institutions through pressure from the outside. Some may opt for direct service provision by working with community groups or

nonprofit service delivery agencies.

People are likely to change jobs many times in their careers. Thus, the decision of where to work for change occurs not once, but many times over the life of your career. This implies a need for a broad range of skills and a high degree of flexibility to respond to changing job responsibilities, organizational contexts, and emerging challenges. Further, as your values and competencies evolve over time, your job preferences and choices are likely to change.

The path your career takes will emerge from a combination of opportunities that present themselves, your own investments and proactive energy, and sheer luck. Fortunately, none of us move along the service-choice spiral (or the career path) in isolation. Through your networking, including your service communities, you will both give and receive. As you make the many transitions from one job to another that are the hallmark of today's careers, you will take a large number of these relationships with you. Some of them will continue to support you; others you may lose touch with until another time when you find yourselves working together once more. So, in actuality, the phrase "career path," while conceptually

convenient, is a misnomer. It implies a degree of intentionality and linearity that we rarely see in today's international public service careers, or any career for that matter. This is why we encourage you to think, instead, about the service-choice spiral, where your journey expands in both breadth and depth with time and experience.

ABOUT THAT FIRST JOB...

Minimum entry level requirements for a career in international public service are usually at least one year of relevant overseas experience and a graduate degree. There are exceptions. The first type is those who have extensive overseas experience, ten years or more. The second type is those who hold an undergraduate degree and work in purely administrative positions. The first type is increasingly rare. Especially if you aspire to working in the headquarters of international organizations, a graduate degree is expected, in some cases even a Ph.D. (e.g., senior positions at the World Bank). On the other hand, organizations working for change from outside of the international development industry may not hold the same expectations. Those working in the industry with a bachelor's degree tend



Sarah Newhall lives her life and pursues her work by the motto of Gloria Steinem, that where your time and energy goes is what you become. No aspect of her career was consciously planned, though her core values were always absolutely clear. "Probably *in utero*," she says, "because of my upbringing, because of the family I was born into." These core values create a clear logic for Sarah in terms of the issues she has pursued throughout her career, though not necessarily the strategies and finite goals for pursuing them.

"I could not have told anybody that at age 55 I would be living in Washington, DC, president of a \$23 million nonprofit that was doing capacity building globally. But I could have said I would probably always spend my life on issues related to social justice, always having an educational orientation, always working on issues of economic equity, and always with a progressive-to-left-leaning political outlook. I just knew these were my core social values," she says. Sarah is currently the president and CEO of Pact, a U.S.-based international nongovernmental organization.

CAREER OPTIONS

The major sources of employment for international public service are government agencies, multilateral international agencies, for-profit consulting firms, nonprofit organizations, nongovernmental organizations and universities. However, a growing trend in corporate social responsibility and an increase in public-private partnerships have created new employment opportunities. Here are some places to begin your search.

Government

Information and support for recruiting talent into the federal government, including information on internships and entry level programs: <http://www.ourpublicservice.org/>

Information about U.S. Government jobs: <http://www.usajobs.opm.gov>

Nongovernmental Organizations and Private Consulting Firms

U.S. international assistance is largely carried out via contracts and grants by an assortment of private consulting firms, nongovernmental organizations and universities. The range of firms in the development industry is broad, stretching from small businesses that specialize in a narrow technical area to larger firms that seek to be multi-sectoral "full-service" providers.

The Development Executive Group, a membership association of many of these for-profit and nonprofit providers: <http://www.developmentex.com>

InterAction, an association of U.S.-based international development and humanitarian assistance nongovernmental organizations: <http://www.interaction.org/members/>

International Donor Agencies

In many large bureaucracies, positions are commonly filled from within or through introductions by those already working in them. You can better access those insider tracks by starting as an intern or a short- or long-term consultant and creating a network for yourself within these organizations.

Inter-American Development Bank (includes a Junior Professionals Program): <http://www.iadb.org/aboutus/>

U.N. Development Programme (UNDP): <http://jobs.undp.org/>

World Bank general Information and links to Young Professionals Program, Junior Professionals Program, Junior Professionals Program for Afro-Descendants, Bank Internship Program: <http://lnweb28.worldbank.org/hrs/careers.nsf>

PRE-SERVICE OPPORTUNITIES

AEISEC (placement for paid traineeships or volunteer work) <http://www.aiesec.org>

The Association for International Practical Training (AIPT), The International Association for the Exchange of Students for Technical Experience (IAESTE): <http://www.aipt.org/Programs/>

Global Volunteers: Partners in Development <http://www.globalvolunteers.org/>

Idealist.org and Action Without Borders <http://www.idealists.org>

International Volunteer Programs Association <http://www.volunteerinternational.org/>

NetAid <http://www.netaid.org/volunteer/>

Rotary International: Offers exchange and service opportunities, including a three-week professional exchange program <http://www.rotary.org/>

U.N. Volunteers <http://www.unv.org/>

U.S. Peace Corps <http://www.peacecorps.gov/>

VolunteerAbroad.com <http://www.volunteerabroad.com/>

Volunteers for Peace <http://www.vfp.org/>

World Volunteer Web <http://www.worldvolunteerweb.org/>

Entrepreneurial and Research-Oriented Opportunities Echoing Green <http://www.echoinggreen.org>

Fulbright Grants for Educational and Cultural Exchange <http://www.iie.org/>

National Security Education Program <http://www.iie.org/programs/nsep/default.htm>

either to remain in administrative work or amass some experience and clarify their service visions before returning to graduate school. In terms of field experience, the onus is always on you to demonstrate that your overseas experience is professionally relevant—that includes Peace Corps experience, a path we heartily endorse. We also encourage you to market yourself creatively,

match what you actually do. This means that you will need to explore the particulars of each position before determining if it is the right one for you. And the same job title in different organizations may mean different things. Make sure you ask a lot of questions during your interview and when you are negotiating for a job. If you don't have them already, to advance from a junior project or

**Those working in the industry with a bachelor's degree
tend either to remain in administrative work or amass
some experience and clarify their service visions
before returning to graduate school.**

looking for ways to establish the relevance of your domestic work experiences for international assignments.

Entry-level jobs are usually project administration or research assistant positions. However, there are many job titles out there and they can be more or less representative of the actual job description, which often may not


research assistant position you will typically need a graduate degree or field experience. So if you started in such a position, to move on in your career, you will need to make an additional investment in graduate school or in overseas work, whether paid or volunteer. Again, Peace Corps is a common path for those in such job slots. In partnership with



Aaron Williams is from the South Side of Chicago. Surprising his family, he opted to serve with the Peace Corps in the Dominican Republic. After working in international business, he began a foreign-service career in 1978, working on the interface of public-private partnerships in Latin America. Aaron ended his foreign-service career as the first U.S. Agency for International Development (USAID) mission director in South Africa, under Nelson Mandela. Currently, he is a vice president with Research Triangle Institute (RTI) International.

Regarding skills, he offers this advice: "Know your business. In the case of AID, you need to know contracting. You need to understand project design, the way you put a project together. If logframe [the Logical Framework] is the tool being used, know how to use that logframe better than anybody else. You need to know why evaluation is important. You need to understand how you bring in all the players in any particular sector, so you have a broad picture of what the development problem is, the issue you're trying to focus on. I always felt I had a pretty good command of all the elements that were important, whether it was contracting, or project design or evaluation or analysis of certain technical sectors. I reached out to people who had expertise in areas I did not have: health, education, whatever it happened to be."





universities, Peace Corps also offers a series of Masters International programs, which enable you to combine a graduate degree with Peace Corps service.

Transitioning at mid-career from domestic to international work is one of the most challenging career changes. Some of you might consider joining the Peace Corps. It has changed a lot from the early days when volunteers were fresh out of college and lived in huts in remote villages. This model still holds, but both the volunteers and the service demands have become more sophisticated in many places in the world. More and more volunteers are older, at mid-career, or retired. And most volunteers have access to e-mail (though some only on visits to the capital city), and are working in technical areas. Today's Peace Corps volunteers do a lot of work in small business and nongovernmental organization development—highly relevant skills to any international public service career. Some of you may opt, instead (or in addition), to return to graduate school to acquire international knowledge and skills.

If you are highly proficient in a technical area there may be organizations and programs that specialize in just your type of technical assistance. For example, health sector programs in many developing and transitioning countries call for expertise in modern health care management and systems development. Lawyers and municipal management specialists are also in demand. The American Bar Association has several international programs, as does the International City/County and Mayors Association. You can begin to transition, for example, through short term exchanges and study tours.

An important challenge of service work, wherever it occurs, is avoiding burnout and staying inspired. This is, in part, why we encourage you to reflect and develop your own vision for what service will mean, including how you will measure success. Because it is so difficult to attribute our individual actions to outcomes, sometimes the best measure of success is simply living our values. Being inspired by values does



Najma Siddiqi started her career working with women in Pakistan and Denmark. Following work in Nepal for the International Labour Organization, she returned to Pakistan to direct a community development/capacity building nongovernmental organization. Today, she is in senior management in the Environmentally and Socially Sustainable Development (ESSD) Vice President's Office at the World Bank.

"I don't think I have ever gone as a lone ranger. I don't think I can do that. If I'm interested in bringing about change in society, then I can't do it by myself," Najma says. Reflecting on the origins of her path, working with women, she describes, "I was interested in the situation of women, and how they were excluded from major policy decisions, personal decisions, societal decisions, and political roles. So how do you change that? You have to go back and see why that is happening. And you want to see how you can begin to bring about change there. You can't change it overnight. You can't, you know. You have to work with all kinds of people, you have to understand all kinds of interests, and you have to start working from there."



not mean that they are yours alone. You can also be deeply inspired when those values are shared and enacted in community. A huge source of inspiration also comes from our heroes. (To expand your collection of heroes, visit <http://myhero.com>, an educational project that “celebrates the best of humanity”). We encourage you to read biographies and identify and explore other practitioners and social activists who can serve as role models. Not only will you be inspired by their vision and action, you can learn how they navigated the difficult choices and challenges in their service careers and personal lives, including how they managed cynicism, burnout and balance.

Traveling the service-choice spiral combines both professional and personal development, which are intertwined in a life of international public service. Rather than an exercise in goal-setting and achieving milestones, we see a life in international public service as akin to the Buddhist notion that you don’t “live” your religion, you practice it. The joy, and the beauty, is that

we will never arrive. We will, hopefully, always be practicing and learning as we make our journeys along the service-choice spiral. ✨



This article is adapted from *Working for Change: Making a Career in International Public Service* by Derick W. and Jennifer Brinkerhoff, Kumarian Press, 2005. The book is available at <http://www.kpbooks.com/details.asp?title=working+for+change>.

Derick W. Brinkerhoff is Senior Fellow in International Public Management at RTI International (Research Triangle Institute) and has an associate faculty appointment at George Washington University’s School of Public Policy and Public Administration.

Jennifer M. Brinkerhoff is an Associate Professor of Public Administration, International Affairs, and International Business at the George Washington University.

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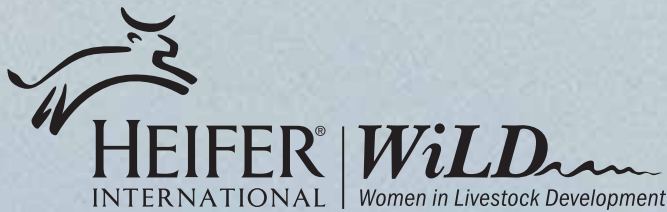
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Meet the **2006 WiLD Winners**



A woman in Peru benefits
from Heifer programs.

Women in Livestock Development Program Fosters Leadership, Success



Compiled by Lauren Wilcox and
members of the Gender Equity Initiative |
WORLD ARK CONTRIBUTORS

In many of the countries where Heifer works, women and girls find few opportunities for education and paying jobs. They have far less control over the family's income and resources than their brothers, fathers and husbands. School, a career and independence seem far out of their reach.

These inequities create quite a challenge, because for even a simple development project to be successful, it must have the full and equal participation, support and investment of all members of the community. For Heifer's projects to thrive, and for everyone to really benefit from the project, Heifer must help build equal partnerships between men and women.

That's why Heifer International established the Women in Livestock Development initiative (WiLD) in 1988. The goal, WiLD co-founder Rosalee Sinn explained, is to help women care for themselves, their families, the earth and each other. A project is designated as WiLD if 70 percent or more of the participants are women. As WiLD expanded, Heifer began focusing less on women alone and more on helping build strong partnerships between men and women. This marked the beginning of Heifer's gender equity initiative, an ongoing project to build stronger families and communities.

Today, Heifer's gender equity initiative is enormously successful. The initiatives work in two ways: by making sure that at every level, gender equity is integrated into Heifer's policies, procedures, programs and operations, and by directly addressing the disparities between men and women in accessing resources and sharing decision-making power and workloads. WiLD is one of the strategic programs focusing on women to bridge the existing

economic and social gender disparities. All project participants take part in gender equity training, which helps them analyze the dynamics in their own community and take steps to make sure everyone is included.

In practice, Heifer's gender equity initiative often leads to remarkable revelations, particularly among the men, some of whom have never been aware of or acknowledged all the work that women do, and who come to value those contributions as much as their own. For the women themselves, the experience can be life changing. Nowhere is this

Women who previously had little money, self-esteem, and hope are bringing boundless energy, ideas, opportunities, and most of all, change to their families and their communities.

more evident than in the WiLD projects, where, all over the world, women who previously had little money, self-esteem and hope are bringing boundless energy, ideas, opportunities, and most of all, change to their families and their communities.

Every year, Heifer recognizes the most remarkable of these women and these projects with two awards: the Grassroots Award, for a superlative project and outstanding individuals, and the Meritorious Award, for supporting women and advancing the cause of gender equity. What follows are this year's winners, whose efforts and determination inspire all of us. WiLD winners, we salute you!

FROM A BURDEN TO A BLESSING

Grassroots Award Winner

Sabitra Guragain



For most of her life, neighbors and relatives considered Sabitra Guragain of Nepal

a burden and a curse. Called a bad omen because her mother died shortly after she was born, Guragain spent her childhood cooking, cleaning and herding cattle. Although she was a precocious child, her father and brother refused to send her to school, saying that educating a girl was a waste of time and money. She eventually enrolled in a local school where her progress was rapid, but when she reached the age of 15 her brother was unwilling to continue paying for her education, and married her off to a man from a neighboring village.

By the age of 21, Guragain had three children. She and her husband struggled to make ends meet, eventually moving in with a neighbor, for whom Guragain did housework to pay the rent. The family was able to scrape together a meager living from the tiny income Guragain's husband made pulling a rickshaw. For Guragain, the low point came when her son came to her crying for milk, which he had seen the neighbor's child drinking. She and her husband gave their son rice water mixed with sugar and told him it was milk. "That night my husband and I couldn't sleep at all," she remembers. "We wished we were dead instead."

At the beginning of 1999, Guragain heard about a program supported by Heifer International that provided women with training, helped them form a small savings fund, and eventually gave them a water buffalo. Guragain's husband initially resisted the idea, saying they were too poor to contribute to the group fund, but Guragain persisted, finally convincing a group of 15 desperately poor women like her to form the Shrijanshil Krishi Mahila Bachat Samuha, or Creative Women Savings Group.

Each member began contributing 11 Nepalese Rupees (\$0.16) monthly toward the group fund. In August of 2000, each member of the group received a buffalo from Heifer. "The buffalo was a boon that transformed my life," says Guragain. With the income from surplus milk, the group members saved money toward passing on the

gift, and eventually increased their savings to 100 Nepalese Rupees (\$1.43). Required to pass on the gift within three years, Guragain completed the pass-on in just 11 months. “I could not see my suffering neighbor wait longer for the gift,” she said.

Today, the child that no one encouraged is a leader in her village. Under her guidance, the group undertook a variety of civic improvement projects to improve the roads into the village, build a public pit toilet and mediate conflicts and disputes. The savings fund has increased to the equivalent of \$2,500, and the group has donated to Heifer Cambodia.

However, perhaps Guragain’s most remarkable accomplishment has been to build a school on public land for Mushar children, who are some of the poorest in the area and severely handicapped by caste discrimination. It is a small school, but it already has a very good reputation, and Guragain is determined that no one will be left behind.

DOING GOOD AND REAPING THE REWARDS

**Grassroots Award Winner
Dile Prekpalaj**



For Dile Prekpalaj of Kosova, generosity was something she inherited from her family. She recalls her grandmother telling her, “If you do something bad, it will come back to you seven times worse, but if you do well, it will be rewarded by God.” Prekpalaj, who was one of the first women from her village to attend school, was first moved to help the people of her community in 1999, when Serbian forces began attacking the Albanian

WATCH HEIFER’S NEW VIDEO



“Before Heifer my life was filled with darkness. We were like slaves in our own homes.”— Mona Shrestna of Nepal, 2003 WILD Winner

**You can help women around the world like Mona.
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and donate today.**

families in the nearby village of Krusha e Vogel. The Serbians took the men to be killed, and left the women and children on the outskirts of the village.

“When the Serbian police left,” Prekpalaj said, “we went and took them to our homes. As we were leaving we could hear the gunshots, and everyone knew what they were.”

Prekpalaj organized her village to come to the assistance of the refugees, and traveled with them from Kosova to Albania. When the Serbian forces were defeated, Prekpalaj and the refugees returned to their villages in Kosova. For the women of Krusha e Vogel, where there had once been a thriving community, there was now utter destruction. Their houses had been burned and their animals slaughtered. For those whose husbands had been killed, they faced the task of rebuilding their lives alone.

Prekpalaj approached the women of Krusha e Vogel about forming a farmers’ as-

sociation to help them support themselves again. “The women had no self-confidence, no vision for the future,” said Ora Bytyci, a spokesperson for Heifer International Kosova. “They agreed to start something, anything that would help them overcome their terrible situation.”

The program, which began as a simple livestock project with support from the U.N. Food and Agriculture Organization, soon became a more focused effort to restore not only the livelihoods of the war widows and their families but also their communities. The project, supported by Heifer International, was called Trauma Relief for War Widows in Kosova, and its first objective was to help reduce the social isolation of the widows by connecting them through a common project, a dairy project.

As Prekpalaj helped the women launch their micro-enterprise, collecting milk from their cows and finding a production plant to buy it, the group began to come together. “The women started to open up and communicate with each other,” Bytyci said. “They shared their thoughts and their worries, and their ideas for the future.”

IN THE HABIT OF DOING GOOD

Meritorious Award Winner
Sister Alexandra Buretta



The area around Moshi, a small mountain town in northeastern Tanzania, is home to hundreds of far-flung families who have one thing in common: They are the charges of Sister Alexandra Buretta, who

has worked tirelessly to help women begin livestock and gender equity projects with Heifer International.

“If she would ride a motorbike, I would get one for her,” said Dr. Alson Lyimo, who oversees the diocese that is home to 26 pig-raising projects. However, Sister Buretta prefers to travel on foot or by public transportation. “Every time she comes to me and tells me about another project, I say, ‘Are you sure you can do this?’ And she is.” Dr. Lyimo shakes his head. “I can’t say no.”

“Every time she comes to me and tells me about another project, I say, ‘Are you sure you can do this?’ And she is.”

Since 2002, Sister Alexandra has been working with women’s groups throughout the Moshi Diocese of the Catholic Church, transforming the church’s nascent gender equity program from a group of a few women learning to sew into a widespread network of successful projects. The pig-raising projects are quietly revolutionary, transforming standards of living as well as ways of thinking, in tribes where pigs have never been raised and among women who have never been allowed to own livestock.

Sister Buretta uses Heifer’s Cornerstones as an integral part of her approach. Her education on Genuine Need and Justice, for example, was so effective that the women chose to give the first round of pigs primarily to the widows in their groups and to those suffering from AIDS. Nutrition has improved among the families involved in the project, as they have increased their crop production with manure, are eating high-protein pork and are able to buy more nutritious foods with the added income.

Most of all, Sister Buretta has helped everyone understand, through education and by example, the importance of participation and hard work. Men, women and children work together in Sister Buretta’s projects, and this has improved their physical health and economic situations, as well as led to greater understanding.

Sister Buretta tells the story of one project participant who, in describing his wife, called her “keen and intelligent” and added, “She is cleverer than me.” When she heard this, Sister Buretta applauded. It was the first time, she says, that she had ever heard a man from his tribe describe a woman as being more clever than he.

PRIZED PIGS BRING PROSPERITY

Grassroots Award Winner

The Zongochia Family-Farming Initiative Group



Cooperation and thrift brought the 45 members of the Zongochia Family-Farming Initiative Group together in 1999, and soon these farmers in Wum, Cameroon, were helping each other to save money and care for their land.

In 2002, the group of 19 men and 26 women decided to push themselves further to improve their families’ diets and income. Zongochia members began working with Heifer Cameroon, constructing pigsties and undergoing training to help them set up a pig production business. In 2005, the group received its first shipment of 40 piglets.

The group’s success with the pig project was immediate. Barely four months after receiving the pigs, the group sold its first batch and was able to fulfill the passing on the gift requirement, making them the first in its region to complete the pass-on. With the money earned from the piglets, the group restocked their farms with new piglets and now maintains a healthy balance in a savings fund.

Already, these farm families are reaping

rewards. They now send their children to school, something they previously could not afford. One woman, Agem Esther, bought a sewing machine for her daughter, who is learning to design dresses. The families also improved their living conditions by plastering their houses with cement to make them weatherproof, replacing grass roofs with corrugated aluminum ones and acquiring new land for vegetable farming.

In a country where discussion of HIV and AIDS is considered taboo although many families struggle with it, group member Tegha Comfort was able to convince a group of 35, both group members and their families, to go for voluntary AIDS counseling and testing. However, perhaps the most remarkable part of this group’s efforts has been the high level of participation and the equal distribution of tasks. Eighty percent of group members participate fully in its activities. Men and boys help with cooking and washing clothes, and women and girls split firewood and clean the pigsties.

This collaboration did not go unnoticed by neighbors. Today, members of the Wum community ask women in the group to help settle disputes within their own families. The group is particularly proud of their success with one Kili Lucas, a group member who was shirking his family duties but who, after attending gender training, is now fully involved with supporting his wife, children and grandchildren.

PASSING ON THE PIGS

Grassroots Award Winner

Las Dinamicas



In the aftermath of Hurricane Mitch, which

Of the world’s 1.3 billion poor people, an estimated 70 percent are women and girls.

Between 75 and 80 per cent of the world’s 27 million refugees are women and children.

Of the world’s nearly one billion illiterate adults, two-thirds are women.

In most countries, women work approximately twice the unpaid time men do.

The first country to grant women the right to vote was New Zealand in 1893.

International Women’s Day, celebrated on March 8, is rooted in the centuries-old struggle of women to participate in society on an equal footing with men.

Source: United Nations Department of Public Information

devastated much of Central America in 1998, families in Las Camelias, Honduras, banded together to bounce back. The Las Dinamicas pig-raising project began in 2000 as a way to help families still recovering from the destruction. After a member of the Las Dinamicas Cooperative trained at a Heifer cattle and pig management session, Heifer International gave Las Dinamicas members 35 female and three male pigs.

In part because of the demanding local market for pigs, the project dramatically improved each family's income. Each project pig gives birth to 11 piglets twice a year, allowing each family to sell 22 pigs annually. Families also retain a few for breeding, which further increases production.

The project is helping families repair and improve their homes. Some income was also used to improve small farming plots and to make handicrafts for sale at local markets.

Membership continues to grow in the project and new participants—many of them women—have received pigs as pass-ons from existing members. The group also passed on pigs to women's groups in neighboring communities. Members of the cooperative formed an environmental committee to

oversee the community-wide replanting of trees lost in the hurricane.

Since the project began, all members of the community seem to be contributing

Cooperative members continue taking extra training to help them improve the living conditions of their animals, improvements that increase production and reduce disease.

more. The men in the village helped with the construction, repair, and maintenance of livestock pens, and served as watchmen during the reproduction and delivery stages of the livestock breeding.

Cooperative members are now leaders in the community, with members serving as president of the community's patronage council, president of the community's water committee and a member of the community's civil defense organization.

Cooperative members continue taking extra training to help them improve the living conditions of their animals, improvements that increase production and reduce disease. On a recent day, project participant Felicita Ochoa showed off her sow, nursing its piglets in a sunny stall. The pen was clean and freshly swept, and the piglets, though young, were already plump and healthy. 🐷

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NEWS THE CHALLENGE SOLUTIONS TAKE ACTION RESOURCES ABOUT

MEET TWO OF OUR 920 OWNERS

Organic Valley dairy farmers
Elvin Ranck and daughter, Susanna.

© 2007 Carrie Branovan for Organic Valley Family of Farms

Our very first cooperative meeting took place in a dairy barn—milk still cooling in the bulk tank. The overheads didn't project very well, but we didn't *really* need them anyway.

We've always had a simple mission: to work in harmony with nature producing delicious, healthful food for everyone. Over time we've been joined by hundreds of kindred spirits across the land. After nearly twenty years pioneering cooperative organic agriculture together, our meeting places haven't changed much. Nor has our dedication to the earth and community.



We just plow on in ever more diverse, local circles of farming families.

Take the Rancks for instance. They milk organic cows in Pennsylvania and take enormous philanthropic time-outs to live for months in Ghana, where they help manage a 35-acre farm school in order to share their sustaining know-how. Someday they even hope to raise a milking barn there.

Imagine that.

Our hats are off to you, Heifer International; our hearts are with you in the field.

organicvalley.coop



Photo by Vaschelle

Alice Walker is a novelist, poet and essayist whose work has been translated into more than two dozen languages. Her novel *The Color Purple* won a Pulitzer Prize and has been made into a movie and most recently a Broadway play. Born to sharecroppers in Georgia, Walker is also deeply committed to social justice, and her writing often tells the stories of those whose voices would otherwise go unheard. Vibrant, wrenching and sometimes punishingly sad, these stories are still, in their own ways, stories of hope. *World Ark* spoke with Walker, who lives in northern California.

Interview by Lauren Wilcox | WORLD ARK CONTRIBUTOR

WA: In both your fiction and your nonfiction, you have written extensively about women; their lives, their roles and their struggles. As you know, these are issues Heifer is concerned with as well. I'm curious about your thoughts about the role of women in a strong and functioning community, and about the role of strong women in relationship to men.

Walker: This is the crux of the matter. If women can't control their destiny, and they can't control their livelihood, and if they are continually ripped off by the men in their society...they don't actually have autonomy, which would ensure that they and their daughters could live really fully realized lives. So it is essential, it's totally essential, that we study how to support these women.

It's a very tricky thing, because even in this culture, there are so many women who are so beaten down by patriarchal power that they don't understand that they must, as women, get together and strategize, figure out what will work in each community. We can't do it for them. But we can certainly point out to them that it is up to them to do the strategizing based

on their own experience, and knowing all the players in their community, they have to figure out a way to keep whatever we put into the communities for the health of everyone, but especially for themselves and their daughters. ...When women are empowered, as we know, this leads to the empowerment of everyone.

WA: You have written about women in historical times as well as in the present day. Do you think that the situation of women in general has improved at all, over the years?

Walker: What comes to mind is the last time I was in Africa, when I was in Bolgatanga, in the northern part of Ghana. My friend Pratibha Parmar, the filmmaker, and I went as a follow-up to the work we have done to help eliminate female genital mutilation. It was a big conference of men and women; and except for one who was still on the fence, they were the most committed abolitionists I have ever encountered. It was so moving.

What I take from that is that people in these far out, outback places, still are gaining connections to the rest of the world, and have a good understanding that

things are changing and have to change for the health of the continent. It's not just about the village, it's not even about the country, it's about the health of the continent and then the health of the planet.

WA: Your writing has such an element of activism, of awareness of hardship and struggle and the issues people face. Is that what you see as the purpose of your writing? Is such activism intentional?

Walker: My writing is holistic. Imagine me as a pine tree; then there would be nothing that would come from me that wasn't pine. I have my pine cones, my pine needles, my scent of pine. I see writing as the reason for my being. It's not like it's a precious section of my existence. It's just the shedding and the re-growing...it's all one.

WA: So is writing the way you most fully realize who you are?

Walker: Yes. This is the way you water the pine, this is the way you add the fertilizer. You keep growing, and you keep sharing, and you keep giving, and you keep bringing in, and you keep letting go. In that circle, there is the sustainability factor, which is that you sustain yourself. But you don't sustain yourself by holding on. You sustain yourself by letting go.

WA: By giving away?

Walker: Yes! In a culture like ours, everyone feels like you have to just conserve, take in, keep, and not pass around. But what Heifer understands is that when you do that, what's left for the rest of the planet to do but to starve?

WA: What is the best tool that we can give our children, to prepare them for the future?

Walker: We have to disabuse them of the notion of scarcity. I think that's the most

pernicious and ultimately destructive planetary thought, that we are living in a world of scarcity. Actually, we live in a world of plenty. And it's only because some people have grabbed most of everything for themselves and wasted the rest through war—which is a useless, obsolete endeavor—that we find that some people don't have anything. There is no excuse whatsoever for people anywhere on this earth not having sufficient food, clothing, education and health care. None!

WA: How did you first become concerned with the issues of hunger and poverty?

Walker: Because I grew up in poverty. We didn't know it was poverty only because my parents had a genius for making do with little. At some point my father asked the white woman landowner for a raise, to \$12 a month, to be able to support his eight children, all of whom worked her plantation, and she went berserk. We had no health care and no housing, dental care was unheard of; we had to move every year, and work totally hard all the time. And this is the situation for millions and millions of people around the earth! I fully understand that, and I am fully in solidarity with them.

WA: I understand that you have just written a new book.

Walker: It's called *We Are the Ones We Have Been Waiting For*. It is a book of essays, but also meditations, because I feel this is a time when things are truly horrible for millions of people. There is so much fear, and so much sadness and anger. ...We need not only to have political analysis and thoughtfulness, but we need actual meditations, so we can sit with these things that are happening to us, and think of ways to be whole in spirit. ...We have to be reminded that we still have our own spirits, and we can still use them, use our inner light, no matter how dark it gets.

Remembrance of days past: The Pre

By Jaman Matthews | HEIFER STAFF WRITER



Lulla Myers is the president of the Prentiss Institute board of directors.



The former junior college campus has seen better days. Here, an abandoned dormitory awaits renewal.

PRENTISS, MISSISSIPPI—Lulla Myers sits at the long table wearing the beatific expression of a widow indulging in memories of a wonderful but now long distant marriage. She recalls that first meeting in a train station in 1955, when the whole world seemed to converge and shine on them. The excitement and giddiness of the early years—the gifts and letters—and the many years of comfortable peace and collaboration that followed. The union was made more difficult by the racial segregation of Mississippi at the time, but together they were pioneers and activists, a marriage of true minds. She doesn't talk about the end; she just motions behind her to the gaping holes covered with cardboard and says, "Somebody keeps busting out the windows."

She is speaking, not about her own marriage (though she is now a widow),

but a very different sort of union: that between the Prentiss Institute and Heifer International, two independent organizations both committed in their own way to education and social justice.

Myers is the president of the Prentiss Institute board of directors, the only remaining functioning body of the school in south Mississippi. We are in the Prentiss Institute library, one of the few buildings left on campus that is still in use. The dorms and classroom buildings have long since succumbed to the combined effects of disuse and the elements. But even in the library, time and inertia are taking their toll. Metal shelves stand in rows against two walls, sagging with old, unused books that give the whole room a musty smell. Many of the shelves are draped with plastic sheets to keep the books dry.

But even here among this decay and

Prentiss Institute at 100

dissolution, she envisions a return to better days for the institute.

IN THE LANGUID SUMMER of 1955, a young man was lynched near Money, Miss. Emmitt Till whistled at a white woman. It was a crime because this was Mississippi and Till was black. It became the news story that defined an era and, subsequently, the nation's perception of its poorest state.

But that same year, and 200 miles further south in the town of Prentiss, Miss., another groundbreaking event took place, covered only by the local newspapers. An article by State Times staff writer George Harmon on Christmas Day 1955, reported that "Prentiss Institute, a 48-year-old private junior college and vocational school, received 15 pure-bred heifers last week for distribution to families who want to diversify their farm income but are not financially able to do so."

Heifer Project (later renamed Heifer International) had formed a relationship with the African-American school in segregated Mississippi and had sent them livestock in June 1955. This would be one of Heifer's first full-fledged projects in the United States. As unusual as this may have been for the times, it was what the recipients at the Prentiss Institute did next that was truly radical. When the second shipment of heifers arrived in Prentiss, according to the news report, "the Institute asked white farm leaders in Jeff Davis County to help them donate some of the animals to white families."

But now, a half-century after that first collaboration with Heifer International, the Prentiss Institute is struggling against extinction, working to find a way to

continue its work in this community and be remembered into the future.

PRENTISS IS THE COUNTY SEAT of Jefferson Davis County, whose namesake was the president of the Confederacy. Carved out of surrounding counties, Jefferson Davis County came into being in 1906. One year later, the Prentiss Institute opened its doors. Founded by J. E. Johnson and his wife, Bertha LaBranche Johnson—Mr. Johnson graduated valedictorian from Alcorn A&M College, while Mrs. Johnson studied under Booker T. Washington at Tuskegee Institute—the school was an offspring of the Tuskegee Institute, "emphasizing the training of the head, heart and hand."

The young couple borrowed money to buy 40 acres that, at the time, lay just outside the city of Prentiss. The land included a log cabin that had had several previous incarnations—as an early homestead, perhaps as an inn and tavern along an early road that led from the river town of Natchez east into Alabama. There were still remnants of slave quarters in the rear.

Once the Johnsons had the cabin readied for school, they faced the daunting challenge of convincing parents in the rural areas to send their children. In the early days, the population of Prentiss was only 200. According to a newspaper story, Mrs. Johnson recalls, "We had to go out into the country and beg the parents to let us teach their children." They began with 40 students who paid for their education with the only commodities their families had—eggs, chickens, produce and the like.

Mrs. Myers recalls an incident from her days as a student at Prentiss. One girl from an especially poor family had no money to

pay tuition. All they had was one old rooster, not good as an egg-layer and too tough to eat. The young girl proudly carried that rooster all the way to school and presented it upon arrival. No one said a word about the insufficient payment. That night, the students ate rooster soup.

The African-American school struggled for many years in south Mississippi, but it filled an increasing need in the area. When the Johnsons began the school, it covered only the elementary grades, but over the years it grew. By the time Dr. Johnson passed away in 1953, Prentiss Institute—by then the Prentiss Normal and Industrial Institute—included a high school and junior college with an enrollment of more than 700 students and a faculty of 44. The

campus also grew, from those original 40 acres to 500 acres of pasture, farmland and forest, and from one building to 24.

ONETTE JOHNSON, son of the founders, was a lawyer in Chicago in the 1950s and minor official at Prentiss Institute. On a train bound for Chicago, he happened upon a Church of the Brethren pamphlet. As he read about Heifer Project, he recognized potential for people, not halfway around the world, but in his home state of Mississippi. So Onette Johnson took the idea to his mother, Bertha Johnson, who had assumed control of Prentiss Institute upon the passing of her husband.

This story of how Heifer Project came to be involved with Prentiss Institute has many variations. The one above seems to be the most historically accurate. But there are others. In some, it was J. E. Johnson, the institute's founder and president, who was returning from a business trip. In the train station, he overheard a conversation about the Heifer Project from a group of supporters. In other accounts, it was not a group of supporters in the train station, but one man: Thurl Metzger, executive director of Heifer Project. Johnson approached Metzger, and the two great humanitarians developed a relationship which grew from there.

Though there are several versions of the star-crossed meeting, the exact identities of the actors are not necessarily important. The meeting has been mythologized and has become more important as a symbol than as an actual historical event. Like the first meeting of lovers, the story is a vehicle of more than merely historical information; it carries meaning for all that transpired afterwards. Prentiss Institute was, it seemed, fated to partner with Heifer Project. The two are joined by unexplainable bonds.

And so in 1955, with the first shipment of cows, the two organizations entered into a relationship that would span the next three

Letters from Project Participants

The program had a real impact on the people of southern Mississippi. There are, of course, records of money earned as a result of the project and other economic indicators. But there are also, buried in the archive boxes, a number of letters written in a careful script—thank yous from recipients. “Words can hardly express how proud we are of our cow Rosie,” begins one from 1962:

“There are eleven (11) children in the family...every morning and night they run to be the first to feed Rosie...We all appreciate Rosie very much. Give our kindest regard and thanks to the donors. May God bless you all.”

*Sincerely yours,
Fannie M. Jackson*

Another letter from the same year, signed by one James S. Watts, reads:

“Me and my family want you to know how happy and thankful we are for the gift of a fine Jersey heifer. She brought us a calf 11 days ago and we are now getting plenty of good milk to drink for the first time since I had a family.

There are 9 of us in the family. This cow means more to me than I can tell. We are all happy over her. Every night I mention you all in my prayers. I hope God will bless you good people always. Thank you again.”

decades. The archives contain correspondences between the two organizations that trace a healthy and adventurous relationship during these years. There were numerous shipments of cows, and later there were chicken projects.

THE RELATIONSHIP between Heifer Project and Prentiss Institute influenced others, most notably Dorothy Height, the educator and civil rights activist. In her 2003 memoir, *Open Wide the Freedom Gates*, Height talks about Heifer's involvement at the Prentiss Institute as the inspiration for her own initiative: the "pig bank."

"Participating families were trained to care for pigs, to establish cooperatives, and to work together to improve the community's nutrition and health. Each participating family signed a 'pig agreement,' promising not to sell the pigs and to bring back two piglets from each litter to deposit in the bank. That way more and more families could receive pigs over time."

Height's plan bears a striking resemblance to Heifer's livestock program and, in her memoir, she talks of seeking advice from an Iowa farmer. During this time, Heifer employed several farmers—and a number of volunteers as well—whose responsibility it was to oversee the distribution and care of the livestock as well as related educational programs at the school. Though there were several, it was the Eashes who stand out in most people's memories.

(Even today, a man at the public library recognized the name, Heifer International. "They give hogs and black angus cows to people," he recalled after a mulling over the name, and then quickly added, "I remember Mr. Eash." Everyone, it seems, remembers the Eashes.)

The Eashes came from a farm in Iowa and served for 10 years in Mississippi. Under the direction of Wallace Eash, the program grew to include more than 300 head of cattle distributed in four counties. At the end of



The Prentiss Institute will celebrate its 100th anniversary in July 2007. Attendees who remember the glory of its past will be greeted by a grim present. Roofs have given way and the unprotected buildings are slowly deteriorating. Inside, dorm rooms are filled with old clothes and outdated textbooks. But in one fenced corner of the campus sits a well-kept building, the school's past and future. The original schoolhouse is now being transformed into a museum.



their sojourn, Laura Eash said, “We didn’t know just where we were going at first but when we learned it was Mississippi, I didn’t want to go. Now that we have been here over these 10 years, working among people like you, I wouldn’t return to Iowa if it was given to me.” The Eashes did in fact remain in Mississippi after their service to Heifer ended.

THURL METZGER, former Heifer executive director was involved in the project at Prentiss Institute from its inception, visiting the campus many times. Speaking of the project in his book *The Road to Development*, Metzger recalled, “Heifer Project was involved in a small part of the struggle for equal opportunity. We were there before the civil rights legislation, and we witnessed the violence that followed the Supreme Court decision requiring equal education.”

Ironically, it may have been school integration that led to the decline and eventual closure of Prentiss Institute. The Supreme Court ruled in *Brown vs. Board of Education* in 1954, ending school segregation and striking down the so-called “separate but equal” doctrine. The state of Mississippi balked, effectively maintaining educational segregation until the courts

finally handed down another ruling in 1969 forcing an end to the dual system. The public schools in Mississippi were successfully, if begrudgingly, integrated, and enrollment at all-black schools like the Prentiss Institute dwindled.

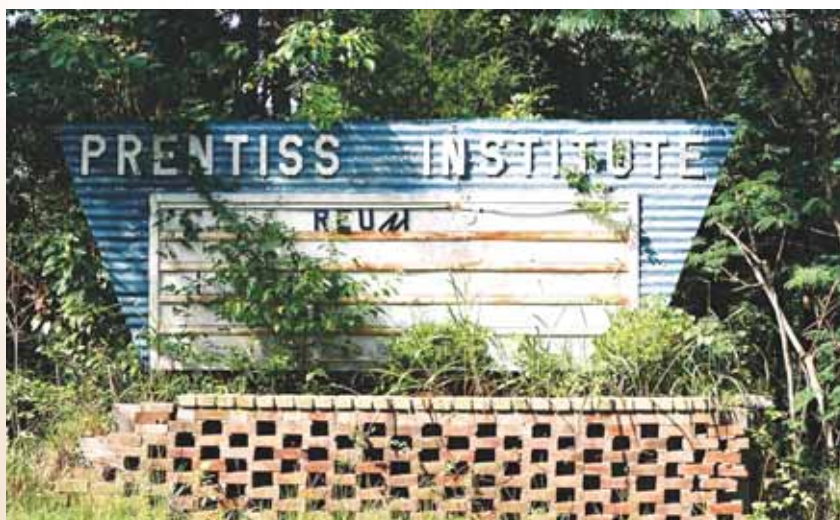
As numbers at the school dwindled, so too did participation in Heifer-related programs. To complicate matters further, by the early 1980s, Wallace Eash was in declining health. Prentiss Institute struggled on a few more years before closing its doors in 1989 and ceasing to function as an educational institution.

The remnants of the institute’s board are now seated around this table. Mrs. Meyers is the president. There is also Mrs. Rosie Hooker and Mr. Luther Alexander. But they too are aging and, like the institute, are slipping into history. Their one remaining task, which they take very seriously, is to navigate a viable future for the institution.

IN A CORNER of the school’s property, between the creek and the road, sits one inconspicuous quadrangle of land that is still well maintained. Not even an acre, it is surrounded by a six-foot chainlink fence topped with three strands of barbed wire. The gate is chained and padlocked. Inside the fence is a mowed lawn and, to the left, a brilliant white headstone marking the burial place of the school’s founders, Dr. Jonas Edward and Mrs. Bertha LaBranche Johnson. The inscription reads: “Lives dedicated to unselfish service to their fellow man.”

A cobbled walkway leads over a slight knoll toward the rustic house that sits at the back of the property. The house still resembles a log cabin, but has been added onto and painted battleship gray. The bright tin roof extends low over the deep front porch, leaving it in deep shadow. This was the original schoolhouse.

It takes half a minute for your eyes to adjust to the dim light inside, and when they



do, it feels as if you have stepped bodily into the past. The floors are rough-sawn wooden planks 15 inches wide. The mid-summer air is still and thick. You try to imagine what it must have been like for students in those early years. Uncomfortably hot in summer; in winter, cold except for a small area near the pot-bellied stove.

But any speculation must be left to the imagination, for there are precious few artifacts here: an old piano, a few tools and books. Pushed back against the walls are several glass display cases, some with photographs and memorabilia from the school's past, others stacked with books and albums waiting to be curated.

These half-filled glass cases contain remnants of Prentiss Institute's past, but also carry the future hope of the school. It is the board's plan, explains Mrs. Myers,

that this will one day soon be a museum. It will trace the history of the school and preserve its legacy. They hope to have the museum open by July 2007 for the school's centennial celebration.

Moving from case to case, yellowing newspaper clippings and photographs of forgotten faces struggle against the fading effects of passing time to tell the story of this once-great institution. And there, in one scrapbook, are photographs from the Heifer Project. There is nothing particularly special about them, like photos from a family album. But they recall the many years of a good and rewarding relationship. 🐄



Heifer International, in partnership with the Prentiss Institute, assisted many families in southern Mississippi. Here, two unidentified recipients pose with their new calves.

HEIFER OFFERS

Study Tour for Educators

Heifer International is excited to offer a Study Tour 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 or call Tim Newman at (501) 907-2983. Heifer staff will lead the seven- to nine-day tour. Applications are now available at www.HeiferEd.org.



When Invisible Children Sing

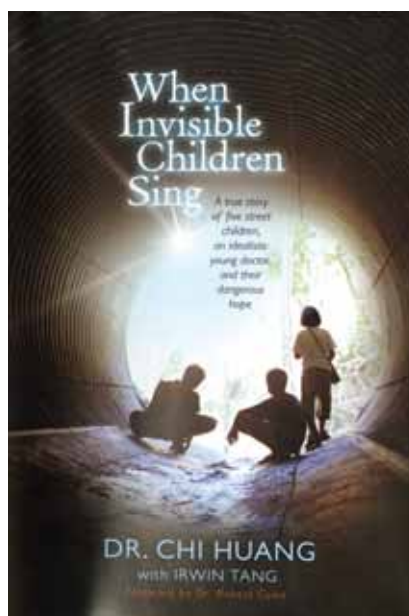
Reviewed by Austin Gelder | WORLD ARK ASSOCIATE EDITOR

A straightforward Christian faith propels Chi Huang through the Red-Light District of La Paz, where Bolivian street children bundle into phone booths, sewer drains and unoccupied graves to wait out the freezing Andean nights. A medical student on a one-year leave from Harvard, Huang carries a tackle box filled with the medicines and tools he uses to treat the illness and injuries so common among these children who survive any way they can.

It's hard to imagine marching into these desperate streets, navigating the squalor and violence with unwavering hope that the children living here can be saved. Bombarded with seemingly endless cycles of child prostitution, drug addiction and death, how many of us wouldn't throw our hands up, pack our suitcases and head somewhere clean and safe where ugliness isn't staring us down from every corner?

But Huang doesn't flinch from the gruesome realities. *When Invisible Children Sing* is packed with the literary equivalent of a 10-car pileup, stomach-turning anecdotes so appalling that it's hard for readers to tear their eyes away. Huang administers antibiotics to teenaged prostitutes suffering from sexually transmitted diseases. He lances infected sores and cleans the long, even cuts many of the young girls carve into their own skin.

In this underage underworld seemingly devoid of hope, it is Huang's earnestness that pulls readers along, guiding them to



By Chi Huang
Salt River Publishers
Hardcover | \$19.99

turn each page to see what will become of these wayward children. An earnest call for help undergirds the plot. The author is determined to show that these street children,

***When Invisible Children Sing* is packed with the literary equivalent of a 10-car pileup, stomach-turning anecdotes so appalling that it's hard for readers to tear their eyes away.**

dirty and drug-addicted as they are, are still children. Huang refuses to sugarcoat the filth and violence that largely define their young lives. Yes, they sniff glue. Many are prostitutes. Many of them won't be rehabbed. Some will.

Interestingly, Huang knew little about the street children of La Paz

before he stumbled into his volunteer job as their doctor. He was simply looking to take a break from medical school to do something meaningful when the opportunity landed in front of him. Readers get to watch a transformative journey as this opportunity becomes Huang's destiny, a cause he will champion for the rest of his life.

By sharing defining moments of his own childhood bravely laid bare for us to see, Huang illuminates his own climb from an awkward but brainy child to a devoted Christian who hears a clear, unceasing call to help these children. He shares embarrassments and the acute pain of losing his young sister. With these revelations, Huang becomes someone his readers know, understand, and ultimately cheer on through what's bound to be a long, difficult battle.

Huang knows winning aid for Bolivian street children will be a hard sell. "One first world baby trapped at

the bottom of a well generates more heartfelt anxiety than the 100 million children trapped on the streets in the developing world ever will," he writes. At the very least, this heartfelt, inspiring book opens readers' eyes to the plight of children they probably never even heard of before. It's a good start.

White Apples and the Taste of Stone: Selected Poems 1946-2006

Reviewed by Jaman Matthews | HEIFER STAFF WRITER

In the mid-1970s, Donald Hall left his academic post at the University of Michigan and returned to his family's Eagle Pond Farm in New Hampshire. Much of his writing explores his New England roots, with Mount Kearsarge looming in many of his poems. As the current Poet Laureate, Hall, not surprisingly, has been compared to the grandfather of New England poetry, Robert Frost.

Hall's writing, though, is not limited to the parochial or the idyllic. He is like the comfortable folk singer who, you suddenly discover, is also equally adept at Wagnerian opera. And Broadway show tunes. Hall has written about farming and land, death and baseball, youth and politics, history and cheese; and done so in every imaginable genre. The new collection of his poems, *White Apples and the Taste of Stone*, contains selected work from the past 60 years and includes an audio CD of the author reading dozens of his poems.

Some of Hall's most powerful poetry bears witness to the year surrounding the death of his wife and fellow poet, Jane Kenyon, from leukemia in 1995. The poems—emotional outbursts of a husband, shared memories, letters to a wife who has passed away—were originally published in a collection entitled *Without* and appear here scattered across several chapters.

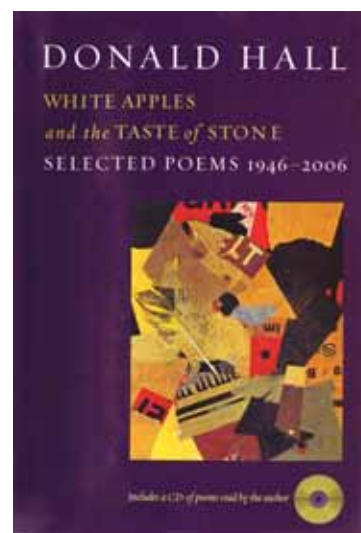
Because of these poems, Hall has been, of late, regarded as a

grim writer, a poet of death and elegies. (Hall alludes to this himself in a stanza of his "Distressed Haiku": "Will Hall ever write / lines that do anything / but whine and complain?") This collection should dispel this misnomer, as the full gamut of his wit and humor are on display. "O Cheese" celebrates the wonders of—what else—cheese:

"O cheese of victory, cheese wide
in defeat, cheeses fat as a cushion,
lolling in bed until noon."

Hall is also widely known as a baseball poet, having written often about the sport. Much of his earlier book, *The Museum of Clear Ideas*, is structured around the innings of a baseball game. We get a glimpse of this playful side here, in the chapters "Baseball" and "Extra Innings," with its four poems: "The Tenth Inning," "The Eleventh Inning," "The Twelfth Inning," and, yes, "The Thirteenth Inning." But like so many of Hall's works, the poems are serious in their playfulness. They "gather bits and pieces / of ordinary things," and order them into something meaningful and artful.

While most poets contend that their work was meant to be read aloud and savored aurally, most of us encounter poems as static type on a page. We are fortunate that the publisher of *White Apples and the Taste of Stone* saw fit to include an audio CD of Hall reading 37 of his



By Donald Hall
Houghton Mifflin 2006
Hardback | \$30

poems. In many of his latest poems, the image of the garden, with its cycles of birth and decay, has supplanted the gloomier images. To hear him reading the contemplative "Weeds and Peonies"—

"I pace beside weeds and snowy
peonies, staring at Mount Kearsarge
where you climbed wearing purple
hiking boots. 'Hurry back. Be careful,
climbing down.' Your peonies lean
their vast heads westward as if they
might topple."

—is to understand that Donald Hall, a respected elder of contemporary American poetry, is deserving of both a retrospective collection and the title poet laureate.

Unbowed

Reviewed by Sherri Nelson | WORLD ARK EDITOR

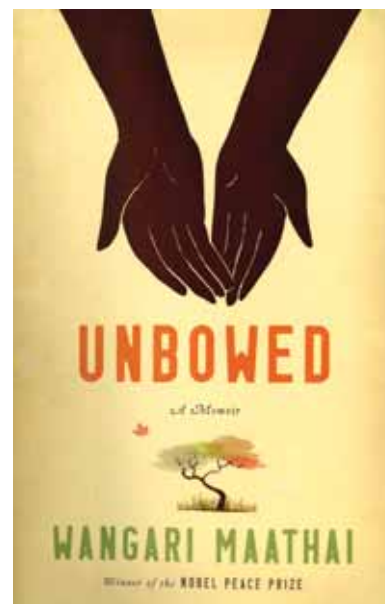
Wangari Maathai's life story is one of firsts. First unwarranted arrest at age 16, first woman in East and Central Africa to earn a doctorate, first woman professor at the University of Nairobi's Department of Veterinary Anatomy, first African and first environmentalist to win the Nobel Peace Prize. Simply and solidly written, Maathai's memoir, *Unbowed*, illustrates the complexities and experiences of a remarkably undeterred woman, whose path to the prize was anything but peaceful.

Although beaten, falsely imprisoned and bullied with death threats precipitated by the cruel regime of former Kenyan President Daniel Arap Moi, Maathai mustered the courage, strength and cunning necessary to overcome the government's barriers to her work. Her accounts show how quickly a fragile country in the hands of corrupt politicians can turn into a dictatorship, and how those politicians use hunger and poverty to

escalate tensions between ethnic tribes. Maathai's memoir reveals how her unrelenting dedication to democracy, human rights, environmental sustainability and peace brought about positive and lasting change to Kenya.

Unbowed isn't just a chronicle of Maathai's struggles and triumphs. It also provides a delightful look into her childhood and how the cultures and traditions of her native Kikuyu tribe shaped Maathai's convictions and relationship with nature. She writes of the loving relationship and support of her mother, her siblings, her children and her friends.

When Maathai was a girl, her mother told her, "Don't idle around during the rains, plant something." And she did—planting more than 30 million trees through the Green Belt Movement, planting democracy in Kenya, and ultimately planting hope in the hearts of all those who dare to make a positive change in a repressive world. Wangari Maathai is not only a



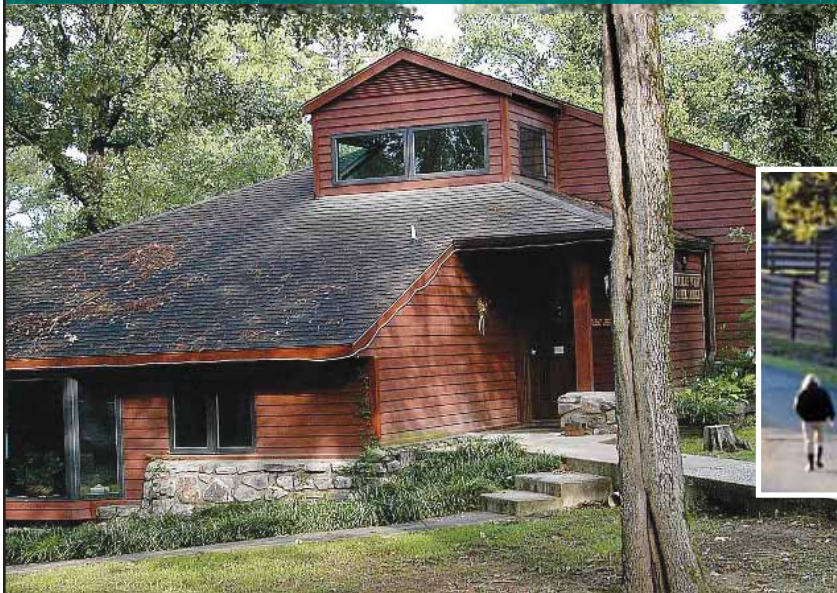
By Wangari Maathai
Knopf 2006
Hardcover | \$24.95

role model for modern times, but surely a woman that history will venerate and compare with the likes of Mahatma Gandhi, Martin Luther King Jr., Mother Theresa and Nelson Mandela. No doubt, Maathai has changed forever the physical, political and cultural landscape of Kenya. After reading *Unbowed*, don't be surprised if you find yourself inspired to plant something, too.

A Note from Wangari Maathai's *Unbowed*

As this book reflects, my life's work evolved into much more than planting trees. Two organizations that I founded, the Green Belt Movement and its sister group, the Green Belt Movement International, demonstrate that evolution. By planting trees, my colleagues in this grassroots movement and I planted ideas. The ideas, like the trees, grew. By providing education, access to water, and equity, GBM empowers people—most of them poor and most of them women—to take action, directly improving the lives of individuals and families. Our experience of 30 years has also shown that simple acts can lead to great change and to respect for the environment, good governance and cultures of peace. Such change is not limited to Kenya or Africa. ...Only by working together can we hope to solve some of the problems of this precious planet. Visit www.greenbeltmovement.org to learn more.

***Far from distractions.
Far from ordinary.***



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Heifer: A Love Story

By Jaman Matthews | HEIFER STAFF WRITER

Rachel Seiter grew up in central Arkansas. She had, it seems, always known about Heifer Ranch. Chad Seivers, however, grew up in Minnesota and had never visited before. But in the summer of 2002, the two would find themselves at Heifer Ranch, soon to embark on a life together.

"I had visited the Ranch many times for school and church trips, said Rachel. "So, when the opportunity arose through the University of Central Arkansas (UCA) Honors College to be an intern at the Ranch for the summer, I jumped at the chance."

For Chad, it was not as straightforward, but no less exciting. "I was

at a Christmas party in my home in Minnesota with some of my brother's college friends when the opportunity arose to volunteer at the Ranch." One of the people at the party happened to work at Heifer, and it proved a fortuitous meeting. "By the end of the night I had completed my application and mailed it the same week," said Chad. "A few months later I got word that I was accepted as a volunteer."

The two arrived in Perryville, Ark., strangers to each other. Rachel worked with the cottage industries program—leading soap- and cheese-making classes—while Chad worked as the service learning intern, ensuring the work groups had the supplies they needed. But at the

end of the long work days, Rachel and Chad had time together. "Our friendship started by eating together in the cafeteria at the Ranch," Rachel said. "We both loved that time of day because we got to catch up on what the other was doing."

As the summer came to an end, Chad was preparing to return Minnesota to attend school, and Rachel to UCA. "It was then we realized that we wanted to continue our relationship and make a commitment to each other. That began a three-year, long-distance relationship." The couple visited during school breaks and holidays (including a 23-hour bus trip) and returned to the Ranch the next summer as volunteers.

After college, they moved together to Knoxville, Tenn., for Rachel to attend graduate school and shortly thereafter became engaged. "While planning our wedding, we decided in the beginning that we wanted to give back to Heifer. Heifer not only brought us together but also gave us new philosophies on life." At the wedding reception, the newlyweds had a "dollar dance" where guests each pay a dollar to dance with the bride or groom. Usually the money raised is given to the couple for their honeymoon. The Seiverses decided to use their dollar dance as a fundraiser for Heifer.

"We placed Heifer's pamphlets in the reception area and invited a long-time friend and Heifer employee, Todd Montgomery, to give a talk about the organization. In the end, we raised enough money to buy a goat, \$138 to be exact."



Rachel and Chad Seivers met at Heifer Ranch in 2002 and were married in May 2006.

Ending Hunger through Art By Jaman Matthews | HEIFER STAFF WRITER



Children from the Unitarian Church of Evanston, Ill., stand proudly before their hunger mural.

“Hunger is no longer an abstract concept for the children of the Unitarian Church of Evanston,” proclaimed a recent news story in *The Evanston (Ill.) Roundtable*. It was their Hunger Mural that landed the church’s children on the front page of the Art and Life section, but the mural was only one part of a year-long effort to educate the children about hunger. Just as important, says Heifer volunteer Rick Davis, was “providing them the means to effect change,” in part by raising money for Heifer International.

More than 50 children spent five months collaborating with local artist Bonnie Katz to design and create the mosaic mural. “We use art as a way of enlarging their learning,” said Sue Sinnamon, UCE’s minister of religious education and coordinator of the mural project. The children,

ages 7 to 11, learned about hunger in their Sunday school classes and then used that knowledge in creating the mural. The finished artwork, now displayed proudly at the church, depicts Heifer animals—pigs, llamas, sheep, guinea pigs—as well as fruit trees, in bits of glass and tile. People from all over the world populate the mural, farming, smiling and carrying signs that encourage the viewer to, “Make a difference.”

“The mural illustrates the many facets of hunger that the children touched upon: the harvest, food distribution channels, social action groups, specifically the Heifer Project, as well as the main theme of the ‘have’s and have-not’s,” Sinnamon said.

The children raised money for hunger-relief solutions by doing chores, helping at home and donating birthday money. They also sold gruel, a thick, bland soup of water and rice

that many in the world must survive on, to increase awareness and raise money. Their goal, which they have now achieved, was to raise \$5,000 for a Heifer Ark.

It wasn’t all tasteless mush for the children, though. They experienced traditional foods from different regions of the world where Heifer works: tacos from Central America and corn porridge from Africa. The children also learned about Heifer from Davis, who presented “The Promise” video to the class.

“The children have an easy time understanding the mission of Heifer because it is so concrete,” said Sinnamon.

The finished mural, 41 by 62 inches in size, was dedicated in a ceremony on October 1 of last year. “It was hung by the front entrance of the church,” Katz said of the artwork. “You see it as soon as you walk in!”

Student Makes a Difference at Bar Mitzvah

By Lauren Wilcox | WORLD ARK CONTRIBUTOR

Bar mitzvahs and bat mitzvahs, the traditional coming-of-age ceremony for Jewish children, are often celebrated with lavish parties. But for Daniel Graifman, celebrating his bar mitzvah meant something a little different. Daniel, a middle-school student in Short Hills, N.J., decided to take the money that could have gone toward a party and use it instead to help families halfway around the world.

A year ago, the Graifman family had taken a volunteer trip to the Monte Verde area of Costa Rica. "We helped kids learn English and helped build schools," Daniel said. The trip made an impression on Daniel, and when it came time to plan his bar mitzvah celebration, the family discussed their options. "We decided to have some sort of charitable event," Daniel explained. "We had heard about Heifer—my dad brought home their catalog one night—and we liked how they gave animals to rebuild communities."



They chose to sponsor a project in Honduras. "Because we had experience with Central America," Daniel said, "we thought it would be special to help a community there." Daniel also asked his guests to make donations to Heifer in lieu of gifts to him. To make the fundraising fun, the Graifmans hosted an outdoor sporting event in a local park, with relay races and a walkathon as ways for guests to pledge donations. "Instead of writing me a check, they chose what animals to donate," said Daniel.

Daniel also focused on the idea of giving in the Torah portion of his ceremony, in which the bar mitzvah reads from the Torah and picks part

of it to discuss. Daniel picked the story of Moses leading the Jews out of Egypt in which Moses realizes he will not make it to Israel, and so gives the Ten Commandments to his people. "Instead of giving it to just one person," Daniel said, "he gave it to the whole community."

In his analysis of this reading during his ceremony, Daniel likened this to Heifer's passing on the gift. Rabbi Miller, who officiated at Daniel's ceremony, commended Daniel for his mitzvah project, which went beyond a single act of kindness and laid the groundwork for new beginnings for many people he had never met.

In all, the Graifmans contributed nearly \$30,000 to Heifer Honduras from the funds that would have been used for Daniel's party as well as the donations from his guests. And, in choosing to have his celebration this way, Daniel also passed on his own gift—an understanding of what it means to help others—to everyone who participated.

Whiz Kid Tops 300 Books to End Hunger



Sarah sings with her father Jeff Dixon.

By Jaman Matthews | HEIFER STAFF WRITER

Sarah Dixon is only 8 years old, but she has already read more books than many people do in a lifetime. In first grade, Sarah embarked on a sponsored reading campaign to raise money for Heifer International. That year, she raised \$3,100 by reading more than 300 books. Her favorites: *Green Eggs and Ham*, *Dragon's Playday* and *Mickey in the Night Kitchen*.

The Dixons live in the small southern Arizona town of San Manuel, where Sarah's dad, Jeff, is the pastor at Community Presbyterian Church. San Manuel was once a copper mining town, but since the local smelter closed in 1998, it has become economically depressed. As part of his ministerial responsibilities, Sarah's dad is the Hunger Action Enabler for the congregation. It was through

(Continued on page 39)

this involvement that the family first learned of Heifer.

It was also through her dad's work that Sarah first became interested in hunger issues. The Dixons attended a training session when Sarah was in kindergarten. "She must have picked up on the issue of hunger at that point," said her parents. According to them, Sarah is a sensitive child. "Sometimes while sitting in the back seat, we would hear her sniffing, and when we asked her what was the matter, she would say that she was thinking about all the children who didn't have enough to eat."

When Sarah started first grade, her parents came up with an idea that would encourage her to read, and would also nurture Sarah's growing concern for others. They



Sarah Dixon received an award recognizing her fundraising efforts on behalf of Heifer, presented to her here by study tour participant Catherine Patterson.

presented her with the idea of "raising money so kids who don't have food can eat." Sarah would gain sponsors by appealing to local clubs and organizations, and then raise money by reading books. She was excited about the idea and decided to call it "Sarah's Ark."

"This has been a family project where Sarah did all the work, and mom and dad were in the background," Jeff said.

Sarah's dad keeps track of the books she reads. (She has to do a book report for each book that includes drawing a picture of the book and answering questions about it.) Her mom, Mercedes, helps Sarah to get ready for the fundraising speeches. Both parents, of course, read with her.

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**.

Snails as Snacks

By Austin Gelder | WORLD ARK ASSOCIATE EDITOR



Cameroonians hungry for yummy, high-protein snacks often choose snails roasted on sticks or simmered in soups, a seemingly exotic choice for much of the world but standard fare in parts of West Africa where native snails were once abundant. In recent years, however, overzealous hunting combined with habitat loss from tree harvesting, pesticides and herbicides are making those slow-moving snacks-to-be harder to find.

To help solve the shortage, Heifer is working with both rural and urban families to help them farm their own snails. The project will span the Fako, Meme, Kupe-Manenguba, Mungo and Sanaga-Maritime provinces, where 500 families will receive 1,000 snails each. These families will eventually pass on 1,000 snails apiece to 500 more needy families.

Demand is high for these bite-sized delicacies, especially since a thriving snail export has sprung up with neighboring Nigeria. Project

participants are hopeful their snails will boost both their protein intakes and their income.

While this project is still in its start-up phase, successful snail projects have already been carried out in Ghana and a pilot for this Cameroon snail project yielded promising results. During the pilot phase, 16 snaileries were built and divided among four farmers. These farmers reported some trouble with mollusk-munching ants and children who swiped handfuls of snails under cover of darkness, but installing padlocks and sprinkling ant repellent seemed to fix the problems. Within two years, farmers nearly doubled the size of their snail operations to make room for their growing broods.

While not all of us have had the opportunity to sample snails, we hear from a reliable source that they're good eating.

"They taste like chicken gizzards," reports Cameroonian Elizabeth Elango, a program officer for Heifer's West Africa programs.

It's Easy Being Green

By Ray White |
HEIFER PUBLIC INFORMATION DIRECTOR

Heifer International's new headquarters building was honored by the U.S. Environmental Protection Agency as one of 10 regional winners of the Phoenix Awards for 2006. The award, named for the legendary bird that rises from its own ashes, recognizes organizations that clean up polluted industrial sites and bring them back to life.

The Heifer International Center at 1 World Avenue in Little Rock, Ark., is a landmark "green" building on the Arkansas River near downtown. Built on the site of abandoned rail and trucking facilities, it features recyclable materials like carpet tiles, insulation made from soybeans and cotton, bamboo flooring and many other "green" elements.

It uses recycled brick and steel, a raised floor system, solar lighting and heating for energy efficiency and an innovative parking lot that collects water to supply man-made wetlands that clean and purify all the rainwater falling on the site. A 25,000-gallon municipal water tower collects rainfall from the roof to flush toilets and for use in the building's supplemental radiant heating system.



Donna Jared (second from left), Heifer's senior vice president for development, accepts the Phoenix Award.

Killer in the Kitchen

By Sherri Nelson | WORLD ARK EDITOR

New Stoves Improve Health

Thick black soot stains the wall of Santos Sandobal's kitchen in her modest home in Piura, Peru. She motions toward her roof and then to her cooking pots and says, "We used to have a problem with the smoke. The old way of cooking made us very sick. We couldn't breathe, and we got a lot of colds and had to go to the doctor, but we didn't have enough money to pay for the medicine."

Sandobal is one of the 2 billion people worldwide who rely on traditional fuels like wood, coal and manure for cooking and heat. The United Nations Development Programme (UNDP) reports the use of traditional fuels is causing a massive health crisis, which is virtually unknown in the developed world. Indoor smoke is associated with 1.6 million deaths per year, mostly among women and young children who live in developing countries.

Today, Santos Sandobal breathes a bit easier and her children enjoy better health because she now owns an improved cooking stove because of her partnership with Heifer International. Sandobal and her husband are taking part in a Heifer project in Peru, where participants received training on how to build and use stoves that vent smoke out of the homestead. The air in the kitchen stays much cleaner, and these improved stoves use less firewood than the traditional open-fire method. Sandobal says the project is already improving the health of women and children in the area, and that she can say for certain that her children are

now healthier.

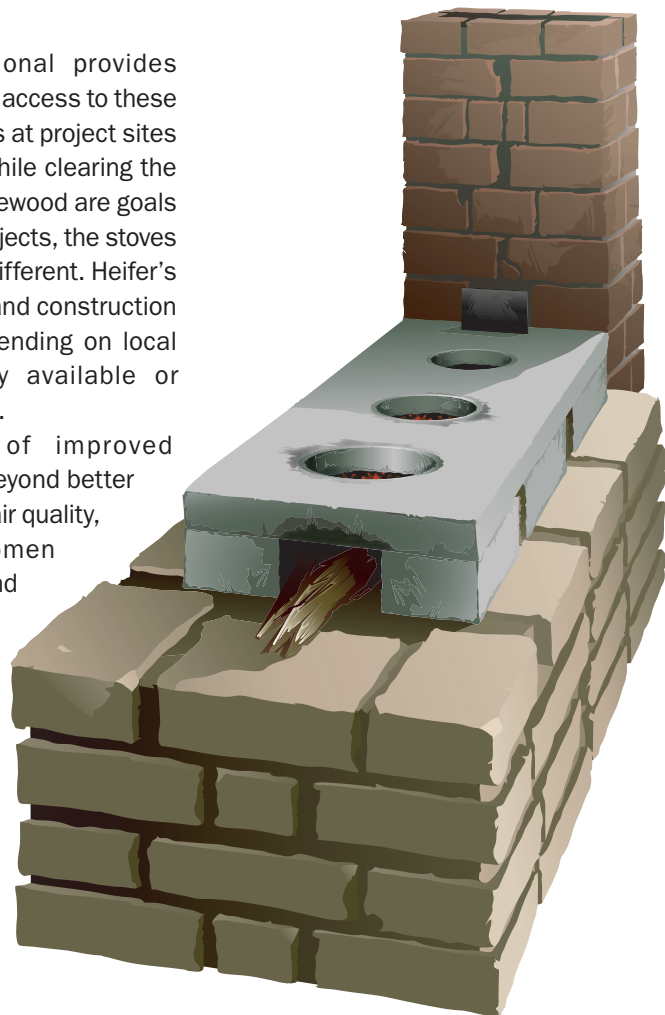
Heifer International provides education about and access to these improved cookstoves at project sites around the world. While clearing the air and using less firewood are goals within all of these projects, the stoves themselves can be different. Heifer's cook stove training and construction vary by region, depending on local needs and readily available or affordable materials.

The benefits of improved cooking stoves go beyond better physical health and air quality, especially for women and girls. Women and girls are generally the ones tasked with gathering firewood, which takes tremendous time and energy. This time-intensive chore can leave little or no room for earning income, education or other activities necessary to move from poverty to self-reliance. Using improved cookstoves eliminates hours of back-breaking work, freeing women and girls to go to school or work.

Improved cookstoves ease the burden on forests as they ease the burden on women and girls. Harvesting enough firewood to keep an open-pit fire going, especially for 2 billion households, puts an enormous burden on forests, leading to deforestation and soil erosion. Haiti,

for example, is suffering the effects of deforestation. The island nation is now 98 percent treeless, leaving it vulnerable to floods and mudslides.

"This project has changed so much for us," says Augustina Yesquen, who participates in the same Heifer project as Sandobal. "Before, I had to cook on the ground, now I cook from above and use much less wood. We only use the limbs of the trees instead of using much more."



Heifer Foundation Honors Gary Cooper

By Kelly Ford | HEIFER INTERNATIONAL COMMUNICATIONS MANAGER

Heifer Foundation named Gary Cooper the 2006 Dan West Fellow Award winner. In Cooper's honor, \$1,000 will be added to the Foundation's Dan West Education Endowment, a portion of which is made available each year to Heifer International for use in educating the public about the root causes of hunger and poverty.

"What an honor to hear my name has been chosen as the 2006 Dan West Fellow Award winner," said Cooper. "It has been a great pleasure to give part of my life to helping the poor and less fortunate."

He adds, "I'm just pleased to be associated with the organization. Certainly, when you see the difference they [Heifer International] are making in Third World countries, it's easy to want to be more involved."

Cooper served for nine years as a member of the Heifer Foundation board of trustees, including a term



Heifer supporter Gary Cooper is honored with the Dan West Award.

as chairman. He currently lives in Sarasota, Fla.

Heifer Foundation President and CEO Janet K. Ginn said, "We are so pleased and humbled to have Gary as a vital part of this organization."

An Indiana farm boy, Cooper knew of Heifer long ago; his family even donated a heifer to the

organization in the 1950s. But it was in the early '90s, when he participated in his first of many Heifer study tours, that the relationship began in earnest.

Cooper has visited Heifer projects in several countries, including Ecuador, Haiti, the Dominican Republic and Guatemala. In 1992, he made his most exciting Heifer-related trip when he flew with 100 heifers to Jordan.

In addition to his support of Heifer, Cooper is active with other international agricultural development organizations, especially in Haiti.

Dan West, of course, was founder of Heifer International. Throughout his life, West maintained a deep commitment to helping the poor and hungry of the world. Each year, the Foundation's emeritus trustees choose one outstanding leader to be recognized with this special award.

On the Ground in Mexico

By Sherri Nelson | WORLD ARK EDITOR

Florencio Osollo, field coordinator for Mexico's Puebla region, joined the Heifer staff to protect the rights of indigenous families like his own.



"I feel very useful when I am able to apply everything I know and have learned about my indigenous people. My people have great needs," he said. "I want other people in the world to know about the needs of my

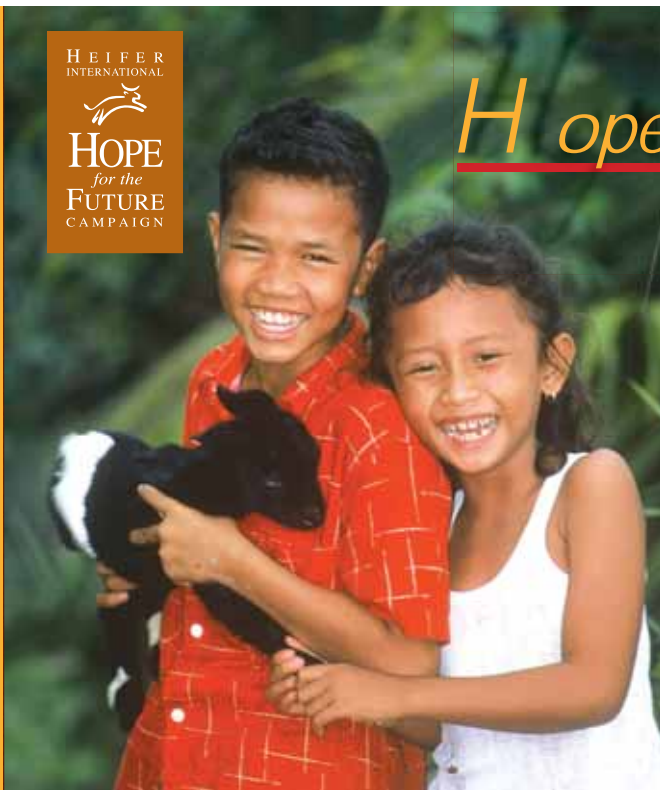
people and about the lack of equality."

Osollo coordinates livestock and farming projects,

but his work goes beyond the technical as he promotes cooperation and sharing as paths to success.

"Years ago, a house was built in one day because the community worked together," he said. "We have to promote grassroots organization. This allows us to create an identity not only as individuals, but also as a community—and this once existed with my people."

Osollo's work is already making life better for the Bautista family in the Cuauhtamazaco community. Ocotlan Lopez Bautista said, "Because of our Heifer chickens, we now have so many eggs to eat. We used to have to buy them but now we can provide for ourselves."



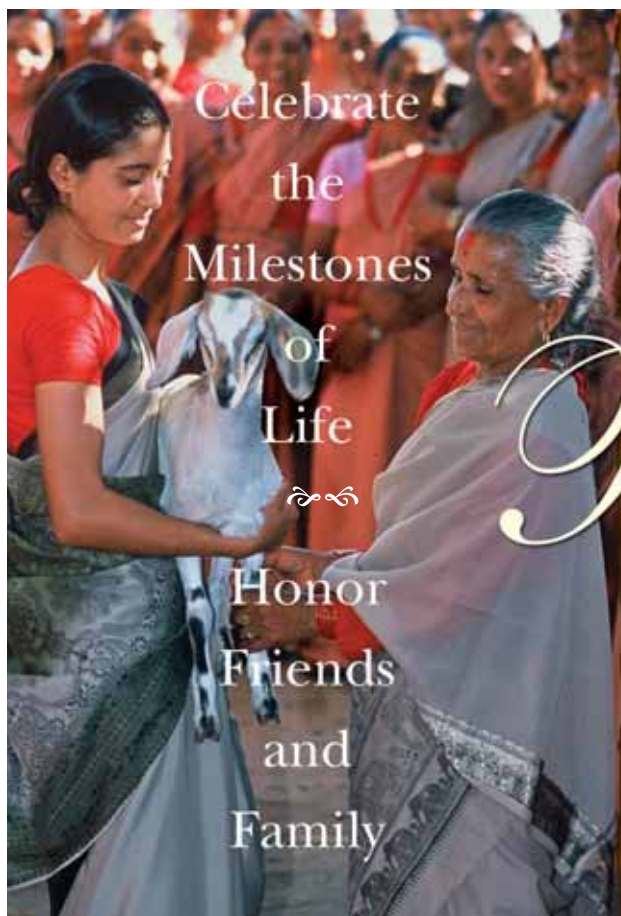
Hope for the Future

You can make a difference. Give the gift of hope to 23 million men, women and children worldwide who are facing poverty and starvation.

To substantially increase the scope and impact of our work, Heifer International launched the Hope for the Future campaign.

Your gift to Hope for the Future will help people in need raise livestock and crops to provide stable sources of food and income. Join us, and together, we will build a global community of educated leaders and equip generations to face the challenges of the future.

To find out more, call **(800) 422-0474** or visit **www.heifer.org**.



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

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



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.

#NB0703 Softback \$5.00

B. FAITH THE COW

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

#NB0705 Hardback \$16.00

C. BEATRICE'S GOAT

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

#NB0700 Hardback \$16.00

#NB0700S Softback \$7.99

D. HEIFER 2007 CALENDAR

Enjoy uplifting photos of Heifer project partners throughout the year.

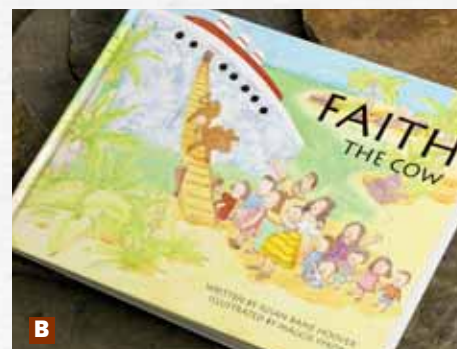
#NL2007 ~~\$13.00~~ Sale Price \$6.50

E. HEIFER HOPE BLEND

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

#NGHH04 Whole Beans 12 oz.bag \$8.69

#NGHH14 Ground Beans 12 oz.bag \$8.69



F. HEIFER MUG

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

#NM0411 \$8.00

G. HEIFER PORTRAITS NOTECARDS

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

#NN0014 Set of 16 \$11.00

H./J. HEIFER NOTECARDS

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

#NNR004 G. Rwanda Set of 10 \$8.00

#NNU004 H. Uganda Set of 10 \$8.00

K. HEIFER WATER BOTTLE

Get your eight glasses a day in style with a Heifer water bottle. Each .6 liter bottle is crafted from a glass-like, non-porous polycarbonate material that prevents leaching. Use your bottle again and again to help ease landfill overflow caused by disposable cups and bottles. Specify yellow, pink, purple, aqua, gray, orange, neon or blue when ordering.

#NW0006 \$6.00



Call Toll Free (800) 422-0474



L



M



N

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.

#NS4700 Youth XS-L \$10.00

#NS4700 Adult S-XXXL \$12.00

M. "COW THAT SAVED THE EARTH" T-SHIRT

Black, 100% cotton.

#NS4800 Adult S-XXL \$12.00

N. HEIFER BALL CAPS

Relaxed front 100% cotton. Available in Stone or Khaki. One size.

#NS4000 \$10.00

O. "COWING AROUND" T-SHIRT

Available in Gold and Blue, 100% cotton.

#NS4900 Adult Gold S-XXL \$15.00

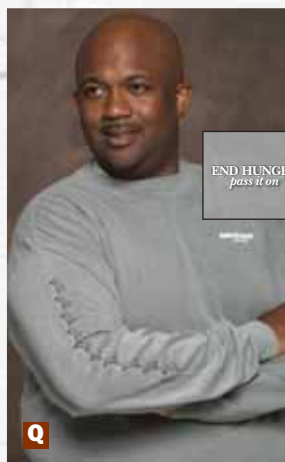
#NS4900 Adult Blue S-XXL \$15.00

#NS4900 Child Gold XS-L \$12.00

#NS4900 Child Blue XS-L \$12.00



P



Q



R

P. SAGE ADVICE: END HUNGER T-SHIRT

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

#NS5000 Adult long sleeves S-XXL \$26.00

#NS5000 Adult short sleeves S-XXL \$22.00

Q. "END HUNGER: PASS IT ON" T-SHIRT

Gray, 100% cotton, long sleeves.

#NS5100 S-XXL \$20.00

R. HEIFER TIES

100% silk ties adorned with the Heifer logo.. Available in Blue and Red.

#NT001400B

Blue Tie \$25.00

#NT000400M

Red Tie \$25.00

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. This shirt runs small. For a loose fit, please order a size larger than usual.

#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. This shirt runs small. For a loose fit, please order a size larger than usual.

#NS5300 Women's XS - XL \$19.00



S



T

Call Toll Free (800) 422-0474

Travel

WITH A PURPOSE



***Book Your
Tour Today!***

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 and we will share trip information on your area of interest as it becomes available.

ASIA/S. PACIFIC	AMERICAS	AFRICA	CENTRAL & EASTERN EUROPE	
Tour coming in Fall	Peru April 29-May Animal Well Being Tour Leader: Terry Wollen terry.wollen@heifer.org (501) 907-4942	Cameroon May 18 - 31 Tour Leader: Umaru Sule umaru.sule@heifer.org (215) 248-5822	Poland May 19 - June 2 Tour Leader: Jan Schrock jan.schrock@heifer.org (207) 878-6846	Lithuania* July 7 - 21 Tour Leader: Sherry Betts, PhD sbetts@u.arizona.edu (520) 621-9756

* First Heifer Study Tour to this region



COMING SOON!

Summer - Ghana
Summer - Tanzania
Fall - China
Fall - Zimbabwe

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

THE HEIFER CALENDAR



CERES CENTER

PANCAKE BREAKFAST

May 19—Learn about Heifer's work at this fun community event.

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

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.

INTERNATIONAL FAIR

June 23-24—Features the Global Village international sites, entertainment and fresh, farm-grown food.

YEAR-ROUND

FIELD TRIPS

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

DAY EDUCATION PROGRAMS

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, participate in farm chores and learn about issues of hunger and poverty. Other programming may include working with wool, exploring gender issues or learning more about Heifer's development work. (Sixth grade to adult; two- to five-day program; May-Oct.)

DROP-IN GUESTS

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

HEIFER FOUNDATION

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 or call (888) 422-1161.

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

THE HEIFER CALENDAR



HEIFER UNIVERSITY PROGRAMS

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.*

August 16-19, 2007
BASIC COURSE
AT MENNO HAVEN RETREAT
CENTER, TISKILNA, ILL.*

September 27-30, 2007
BASIC COURSE
AT HEIFER RANCH*

Program Cost:
\$225/person
(This includes all meals, lodging,
program fees and transportation
to and from the airport when
appropriate)

Mark Your Calendars Now!

March 8 – International Women's Day

International Women's Day is set aside as a time to honor ordinary women as makers of history. Commemorated by the United Nations and designated as an official holiday in many eastern European countries, International Women's Day is rooted in the centuries-old struggle of women to participate in society on an equal footing with men.

April 22 – Earth Day

Since 1970, people around the world have celebrated Earth Day on April 22. In many communities the celebration is stretched out over a week or even a whole month. The goal of these celebrations is to broaden support for environmental programs, rekindle public commitment and build community activism. To find Earth Day events in your area, visit www.earthday.net



The Heifer Ranch is located near Perryville, Ark. **For more information on these programs, contact Rex Enoch at 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. The focus of this weekend program will be Heifer's Peace Heritage and Peace Initiatives.

INFORMATION

CERES CENTER

Ceres, Calif. • (877) 841-7182
cerescenter@heifer.org

OVERLOOK FARM

Rutland, Mass. • (508) 886-2221
overlook.farm@heifer.org

HEIFER RANCH

Perryville, Ark.
Ranch Events • (501) 889-5124
ranchevents@heifer.org

HOWELL NATURE CENTER HEIFER GLOBAL VILLAGE

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

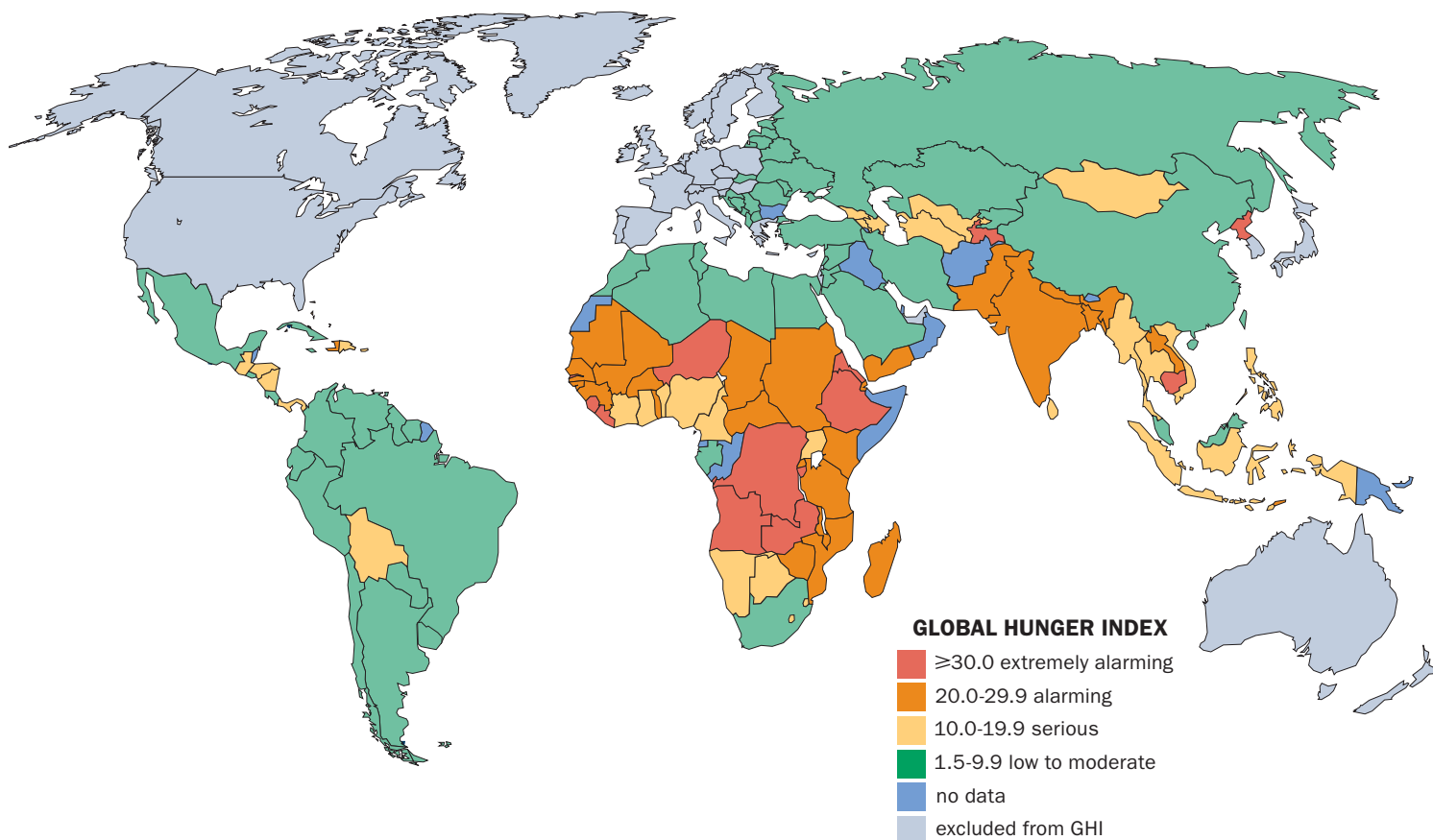
Two Goats Are Better Than One!

Do you want your gift to help twice as many families receive animals and training? More than 13,000 companies will match their employees' contributions to Heifer International. To find out if your employer is one of them, go to:

www.heifer.org/matching



2006 Global Hunger Index



SOURCES: FAO 2005, WHO 2006, UNICEF 2005 AND DORIS WIESMANN ESTIMATES CALCULATED FOR 2003.

The Simple Solution for Malaria

The old adage that the best solutions are usually the simplest certainly holds true when it comes to preventing malaria, the mosquito-borne disease that kills 3,000 African children every day. Researchers have found that bed nets, which protect people at night when mosquitoes are most active, can make serious inroads against this deadly disease.

Production and distribution of a single net costs less than \$10. Nets are large enough to sleep two, and they last for five years. To donate a bed net, visit http://www.earthinstitute.columbia.edu/education/student_involvement/malaria/



Clean Water for \$10



Dirty water harboring disease-causing bacteria poses serious danger for much of the developing world, but a new solution that can deliver clean drinking water cheaply and conveniently is now on the market. Lifestraw, a lightweight, portable device that filters impurities, is bringing hope to nations where diarrhea, dysentery, typhoid and cholera continue to claim many lives.

The device, nine inches long and roughly an inch in diameter, is used like a regular drinking straw. Lifestraw is filled with a halogen-based resin that kills bacteria on contact. Textile filters remove larger particles, and active carbon traps parasites.

The device requires no electricity or spare parts and can filter as much drinking water as a typical adult requires in one year, although using it to filter salt water cuts Lifestraw's useful life in half.

Developed by a Switzerland-based company, Lifestraws cost less than \$10 each. For more information, visit <http://www.lifestraw.com>

The Wonders of Water Buffalo

Since earliest recorded history, water buffalo have been giving a helping hoof to Asian farmers. Farm families in countries like Indonesia and Cambodia can increase crop production as much as fourfold, due to the mighty animal's ability to work on waterlogged land and in humid conditions. Their large, flat hooves make the water buffalo nature's best tractor—without the pollution or upkeep of motorized equipment. Water buffalo can be used to plow or level land, plant and cultivate crops, puddle rice fields, haul carts, sleds and shallow draft boats, thresh grain and pump water. And their manure is a great fertilizer. Water buffalo milk can be used to drink or to make other dairy products like cheese or yogurt. In Thailand, they are widely—and affectionately—known as “the farmer's friend.”



The river water buffalo and the swamp water buffalo are the two domesticated subspecies most used in agricultural production. The river type has tightly curled horns and carries its head high. Found mostly in India and Pakistan, the river water buffalo are primarily used for milk and meat. The swamp water buffalo has broad wide horns, a chevron on the chest, lighter colored legs and bigger hooves than the river type. Swamp buffalo are used primarily for draft power in China and Southeast Asia.

The largest water buffalo breeds can stand up to six feet tall, are nine feet long and can weigh more than 2,000 pounds. Their horns can measure up to seven feet across.



Breaking Bread

By Anna Lappé

National bestselling author Anna Lappé is the co-author of *Hope's Edge* and most recently *Grub: Ideas for an Urban Organic Kitchen*. She lives in a brownstone in Brooklyn where she loves to throw parties.

“We have to teach the kids how to use silverware,” my friend said, as we sat over steaming bowls of soup. She was describing the students at the elementary school where she teaches. It took me a second to understand, but then I got it. Why should kids know how to use silverware? They can get by easily without them. Pop Tarts for breakfast; McNuggets for lunch; pizza for dinner. See any need for forks, knives or spoons?

We’re facing a public health epidemic like none other—one of totally preventable diet-related illnesses. The loss of the knowledge of cutlery is but one symptom of the crisis. The Centers for Disease Control tells us that if we don’t change the way we feed kids in this country, the generation born today will be the first to have shorter lifespans than their parents. The United Nations tells us that industrialized farming—reliant on petroleum-based chemicals, mega-shipping miles and factory farming—is one of the globe’s worst contributors to the climate crisis. And our insurance providers might tell us that one in 10 health-care dollars now goes to diet-related illnesses, contributing to skyrocketing premiums.

The strategies for turning this epidemic around, for returning us to our natural and healthful diet of local, organically grown, whole foods, are multifaceted. We can work on public policies such as the recent New York City ban on artificial trans fats in restaurants. We can work on school-based transformation like the turnaround of the Berkeley Unified School District’s food from highly processed to mostly local, fresh foods. And, we can work on transforming our own relationship to what we eat. One of the best ways to do just that is by bringing friends and family, colleagues and our children together around the dinner table again.

As my co-author and I started working on our book *Grub*, we started hosting intimate “grub” parties, where the book’s sentiments were brought to life in small dinner gath-

erings. As I traveled to research and then speak about *Grub*, I discovered that our intuition and remembering the power of bringing people together around food is being mirrored across the country.

Near my apartment in Brooklyn, you can drop in on “Grub Dinners” (no relation to us, except that they, too, love the term “grub” for food that is healthy and affordable), where you can savor flavorful fare every month with other diners. The twist? The menu is “found food.” The hosts do creative “dumpster diving” to forage for the (mostly organic) ingredients.

Any week in Berkeley, you can join guests in the modest apartment of J. Moses Ceaser for “Frugal Foodies” where you’ll enjoy a delicious four-course meal. All you need to bring is seven bucks, a knife and a willingness to pitch in with the cooking!

In the farm fields throughout Northern California, you can attend an “Outstanding in the Field” dinner, where you’ll be joined by the farmers who helped produce the food while you watch the sun set and raise your glass to sustainable food and farming.

On Earth Day (or any day you feel so inspired), you can bring friends and family together for “Earth Dinners,” the brainchild of the farmers’ cooperative Organic Valley. The vision is “to get people to sit down at least one time a year and have a meaningful discussion of food and farming and their connection with each other,” explained an Earth Dinner organizer. An illustrated deck of cards helps spark conversation with questions like: What is your earliest food memory? Who in your life knows how to cook the food you love?

Now, I won’t go so far to say that these dinner parties will save the world, but they are certainly one way to ensure we reconnect with a fundamental part of what it means to be human and healthy. And, they are definitely one way to ensure this generation will remember how to use their forks, knives and spoons.

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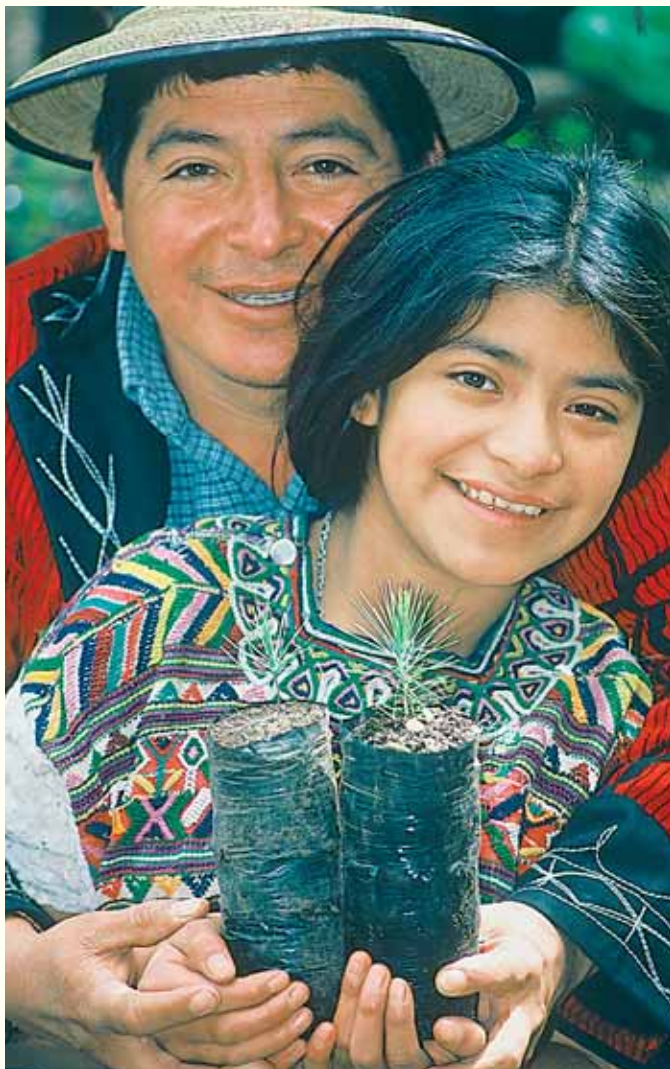
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