

HORIZONS | OF HOPE AND PEACE

Dear Friends ...

By Jo Luck
President and CEO

Heifer
International
continues
its work to
help ring in
peace. We've
learned that
sometimes,
animals and
training make
the best olive
branches.

he power of hope and perseverance permeates the Republic of the Philippines. Despite a history often characterized by occupation and conflict, I've found that the Philippines today is mostly a peaceful place, a country building strength economically as it holds tight to its traditions and culture.

If you visit, you'll see young people armed with the latest cell phones, incessantly typing text messages. You'll see sky-high, glass-faced buildings in Manila, sparkling in the sun. And if you wander from the capital, you'll find water buffalo, coconut trees and mangoes—all crucial parts of the country's agricultural heritage.

But even as the Philippines emerges strong in the 21st century, the age-old problem of tribal conflict holds on in many communities of this island nation. This is especially true in Kalinga, a district on the northernmost main island of Luzon where relations among tribes follow a complex set of laws that allow vengeance for any slight. Grudges are often held for generations, and sons can feel a duty to carry out revenge for their fathers and grandfathers.

Heifer International continues its work to help ring in peace. We've learned that sometimes, animals and training make the best olive branches. Pigs and chickens can bring enemies together, allowing friendships to blossom.

That's what's happening for Peter Bangngayon, a member of the Tulgao tribe. When Bangngayon was a baby, a member of the rival Basao tribe attacked his father with a spear. For years the family waited for the proper time for revenge. But now Bangngayon



Jo Luck visits a family in Vietnam. Heifer works to end hunger in many countries in the Asia-South Pacific region.

is part of a Heifer project promoting peace among the tribes. Every day at 4 a.m., Bangngayon feeds and waters his pregnant water buffalo, knowing the animal's offspring will go to a member of the Basao tribe.

It's amazing that gifts of animals and training bring so much more than food and income; they bring hope for a better way of life where enemies become friends and children are free to look toward a future of peace. Heifer staff in the Philippines are working to send this newfound peace rippling throughout the region on the backs of buffalo, goats, pigs, ducks and chickens. I hope you'll be inspired by our story of their work ("Feeding the Philippines: Saving Culture, Ending Hunger" on page 6).

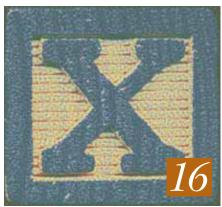
I also hope you will be inspired by the photo essay about Heifer's first project in Puerto Rico back in 1944. Working together, I have no doubt we can continue sending ripples of self-reliance, hope and peace around the world.

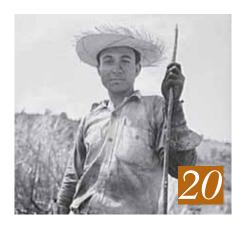
WORLD ARK

SEPTEMBER/OCTOBER 2007

"I want to show that we can forgive."—Peter Bangngayon, member of the Tulgao tribe







Mozambique

Feeding the Philippines

By Austin Gelder, World Ark Associate Editor

Heifer projects in the Philippines help preserve the rich and varied traditions in this island nation while giving people the tools they need to thrive.

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By Austin Gelder, World Ark Associate Editor

Photographer Chris Jordan has a knack for translating overwhelming statistics into images we can all understand. In "Building Blocks, 2007," he uses alphabet blocks to represent the 9 million American children who lack health insurance in 2007.

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By Jaman Matthews, World Ark Writer

Heifer International sent its first shipment of cattle to Puerto Rico in 1944. Photos from the Library of Congress show what life was like on this impoverished island when those first animals arrived.

Cover: Allen Merto, age 4, dons a banana leaf as protection from the rain. **Photo by Hilary Duffy**

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"Sugar's Legacy"

gain, your May/June edition A of World Ark is excellent. Your Haiti focus, articles by Sherri Nelson and Paul Farmer (whom we've heard speak in Boston), LaDuke interview, Dixon photo-essay and Matthews article (and more) made this one of my favorites. I get a lot of magazines. But I read World Ark.

Thank you.

Ben Jacques Stoneham, Mass.

always enjoy reading the World Ark magazine and the way it blends the need for justice in the Third World, practical ways to help in specific instances and healthy agriculture. I was very impressed and moved especially by Dr. Paul Farmer's two articles in the May/June 2007 issue.

However, I felt the timeline at the bottom of "Planting Hope in Haiti" was

somewhat misleading. The notation for January/February 2004 appears to put the blame for Aristide's ouster solely on Aristide. It says nothing of the behind-the-scene manipulations of the U.S. government leading to the anti-Aristide protests, nor of the direct U.S. involvement in his removal from office. You can find a lot more background on www.democracynow.org.

> Stephanie Locker New York, N.Y.

like to pass on the World Ark to people in nursing homes. Quite often, they are looking for places to invest in humanity. A gift of caring and sharing is a gift to a self-sustainable life. Dreams and education can so often become a reality with the gift of a sheep or goat.

The world is awash with poor people,

and Heifer gives them hope and instills in the family dignity and fulfillment. We are our brother's keeper. Grace, dignity and moral sensitivity should sit on all humanity's shoulders. Heifer, as it holds out its gifts and education across the world, is truly a light, a beacon.

As the planet moves toward globalization, the future of the Earth depends on its people to hold out a hand of love and care to preserve this precious place we call home.

> Kathleen Long Boise, Idaho

our World Ark is a great informer! I I especially enjoyed and read with great interest your article by Sherri Nelson, "Planting Hope in Haiti." Twice I have had the opportunity to be in Haiti with a team from the Dakotas Conference for the Solar Oven Partners project, the object being of course to offer a way to cook and purify water using solar power rather than trees. I strongly feel this also plants hope. I hope to return this fall to help build more ovens. Thank you for your wonderful magazine.

> **Charlene Curtis** Blunt, S.D.

found the articles in the July/August issue of World Ark extremely interesting and informative. Heifer's involvement in integrated farming in Vietnam and elsewhere is to be highly commended. This is the type of down-to-earth practical activity that genuinely helps people to survive now and into the future versus giving everyone cell phones or building

World Ark is printed on 30 percent postconsumer recycled stock, saving 6,264 trees per year and keeping 348,000 pounds of post-consumer waste out of landfills.



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four-lane divided highways! American farmers could learn a lot from them and get away from mega-corporation mono-crop farming.

The article "A \$93 Billion Tab We Can't Afford Not to Pay" was informative. Just think though, if we, the United States, gave an amount equal to just 1 1/2 months of the tab (\$60+ billion a month) for the war in Iraq, all the funds needed could be provided!

Bob Pendergrass Broken Arrow, Okla.

Ongratulations on another wonderful issue [July/August]! I particularly enjoyed reading about integrated farming in Vietnam.

However, I must take issue with certain data you report on page 51. Infant mortality is reported as the number of deaths of babies born alive



There is still time to nominate your Hero of Humanity.

Do you know of a person or group that goes the extra mile to help end hunger and poverty? We want to honor those who make a difference.

Please limit responses to 250 words or fewer.

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 who die before their first birthdays per 1,000 live births. You reported percentage, but the denominator should be 1,000, not 100. Obviously Mississippi needs help. The best infant mortality rates by country are about 4 to 5 infant deaths per 1,000 live births. The rates of 17 or 11.4 are shameful. We must do better. But we mustn't exaggerate.

Robert Hurd Settlage, M.D., M.P.H. Whittier, Calif.

Editor's Note: We mistakenly printed incorrect information on infant mortality in the July/August 2007 edition. The correct infant mortality rates for Mississippi are 11.4 per thousand total and 17 per thousand for non-white babies. Thanks for the correction. We did not intend to exaggerate.

our statistics in your article on infant mortality in Mississippi are mistaken. The rates should read deaths per 1,000—not percent. Even though these numbers sound less shocking, according to the CIA World Factbook, the United States currently rates 42nd in infant mortality-right next to Croatia and after pretty much every other first-world nation. An infant mortality rate of 11.4 per 1,000 would put Mississippi in company with Russia, while a mortality rate of 17 per 1,000 would place non-white Mississippi infants alongside infants in Malaysia. Clearly we could do better by these fragile babies and their mothers.

> Shannon Turner Austin, Texas

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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 #12079.

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Pot Lucky

When Hurricane Fran came barreling up Interstate 40 in 1996, the residents of a close-knit neighborhood in Durham, N.C., never imagined that it would change their Thursday nights for good. The hurricane left much of the state without power; the neighbors, whose freezers were filled with rapidly thawing food, began meeting nightly for potluck dinners composed of whatever they could salvage. After a week, when everyone's power had been restored, they realized that the dinners had become too much fun to give up. The now weekly event is a forum for everything from politics to neighborhood news—and has given depth and vitality to their community.

You don't have to wait for a natural disaster to start a potluck group in your neighborhood. Start with a few friends, and then have each person bring a friend or, even better, a new neighbor. Rotate houses weekly. Everyone brings a simple entrée; the host provides dessert and drinks. Before you know it, you'll have your own tradition.



Claire Berteel's Black Bean Potluck Chili

(Use fresh vegetables when possible)

1 tablespoon olive oil

1 onion, chopped

2 red bell peppers, seeded and chopped

10 fresh mushrooms, quartered

6 roma (plum) tomatoes, diced

1 cup fresh corn kernels

Ground black pepper to taste

1 teaspoon ground cumin

1 tablespoon chili powder

Cayenne powder to taste

2 (15 ounce) cans black beans, drained and rinsed

1 1/2 cups chicken broth

1 teaspoon salt

Heat oil in a large saucepan over medium-high heat. Sautee vegetables, except the beans, for 10 minutes or until the onions are translucent. Season with the spices to taste. Stir in the black beans, chicken broth and salt. Bring to a simmer. Remove 1 1/2 cups of the soup to food processor or blender; puree and stir the bean mixture back into the soup. Simmer for 20 minutes or so for richer taste. Serve hot by itself, over rice (brown is great), or with whole-grain bread. Top with grated cheddar cheese if desired.

Keeping Clean, the Science Project Way

Remember those volcanoes you made in grade school? Baking soda, vinegar and a little red food coloring to give that authentic lava effect? Those same ingredients can be a safe, effective way to clean house. A healthy splash of white vinegar in a bucket of warm water cleans hardwood or linoleum floors; a quarter-cup vinegar in two cups of water will leave windows sparkling. Use newspaper to wipe—it won't leave lint. Baking soda can be used in place of powdered cleaners to scrub tubs, sinks and ovens (some even comes in a user-friendly shaker container). And the "volcano"? That reaction can clean toilets and help clear clogged drains. Just dump in about a half a cup of baking soda, then a cup or two of vinegar. Scrub, then flush or run the water to rinse.

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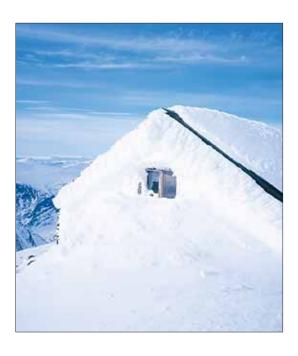
Just Say No to Bags

According to *The Wall Street Journal*, consumers in the United States use 100 *billion* plastic shopping bags each year—that's 333 a person—from groceries, delis, "big-box" stores and everyplace else that bags your goods in a piece of future garbage. These plastic bags will potentially linger in a landfill, go drifting along the highway or end up eaten by animals in the wild. Recycling helps to some degree, but not taking one at all is even better. Cheap, reusable bags are available everywhere; you can use tote bags, or, our favorite, the type of expandable string bag that collapses to fit in a purse or pocket and can be whipped out to hold everything from apples to sneakers. For fascinating facts about plastic bags and helpful hints on how to go cold turkey, go to **www.reusablebags.com**.



Batten Down the Hatches

As winter approaches, it's time to think about making your house as efficient as possible. The good folks at **thegreenguide.com** have made it easy to evaluate your house; take their online quiz for tips to get you thinking about reducing your energy footprint at http://www.thegreenguide.com/quizzes/whole_house_quiz.



Things They Didn't Tell You in Driver's Ed

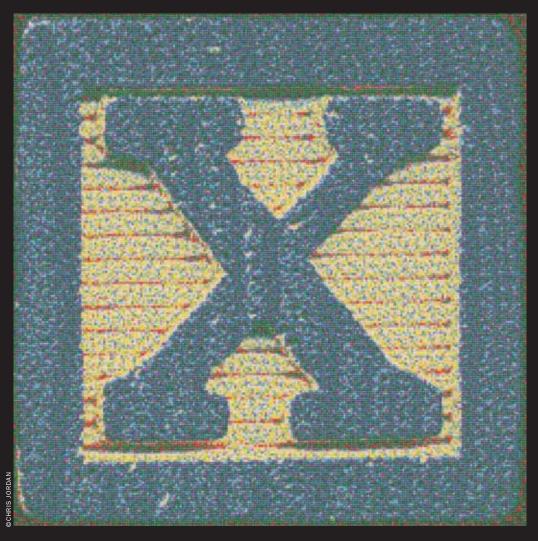
Just a few small adjustments in the way you drive can make a big difference in your fuel consumption. For starters, try not to accelerate quickly or brake quickly, which can increase fuel consumption by as much as 40 percent. Driving at 55 miles per hour instead of 75 miles per hour can improve your gas mileage by as much as 20 percent. (This depends on the car—some cars are designed to have better mileage at higher speeds—so if you're doing lots of long-distance driving it's worth conducting your own tests.) Turn off the engine instead of idling if you're going to be sitting still for more than 30 seconds, and make sure your tires are fully inflated—soft tires reduce gas mileage.

For a nifty tool that allows you to compare the fuel efficiencies of different cars—new and old alike—go to **www.fueleconomy.gov**.

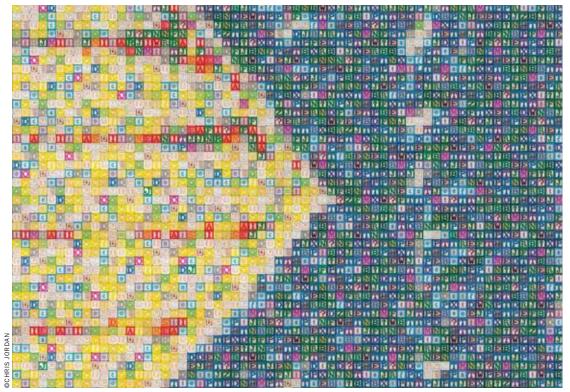
SOURCE: (WWW.EARTHEASY.COM)

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Building Blocks, 2007



Artist Chris Jordan uses alphabet blocks to depict the 9 million American children without health insurance.



Enlarged view of "Building Blocks, 2007," (opposite page). The art is 16 feet tall x 32 feet wide in 18 square panels, each sized 62" x 62".



Illustrating America

By Austin Gelder | WORLD ARK ASSOCIATE EDITOR

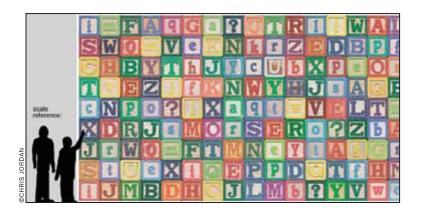
eattle-based photographer Chris Jordan creates images that help us put mind-numbing statistics into perspective. His strangely beautiful prints of discarded cell phones, water bottles and plastic grocery bags make a strong statement about our throw-away lifestyle. Here, Jordan talks about his new work, "Building Blocks, 2007," which depicts the 9 million American children without health insurance. View Jordan's art at www.chrisjordan.com.

A Conversation with the Artist

WA: Much of your photography takes aim at the American mass-consumer lifestyle. Are people ever offended by your message?

Jordan: I don't really see myself as taking aim at the consumer lifestyle in a typically activist kind of way. I try to walk a fine line between being an advocate for change and an observer of what is. In my experience, people who are activists sometimes tend to hold an issue a little too one-dimensionally. And I'm in no position to wag my finger anyway; I probably consume more than the average American because of the amount of miles I fly around on jets to talk about consumerism—how's that for strange irony. So in some ways I am really just trying to illuminate the issues rather than make strong statements of opinion.

People are almost never offended by my work, but actually I think it is for a different reason. I frequently hear about how my photos help educate the public, but it always comes across that the speaker doesn't include himself in that public. Everybody has an idea of who it is that's doing all the consuming—and it's never themselves. We educated liberals show up at the gallery with our bottled water and talk about all the terrible consumers who shop at Wal-Mart. Middle America points fingers at all the rich people who fly around in jets. If you have a small car, you get to blame the SUVs. Drive an SUV; blame the Hummers. It's a really interesting phenomenon.



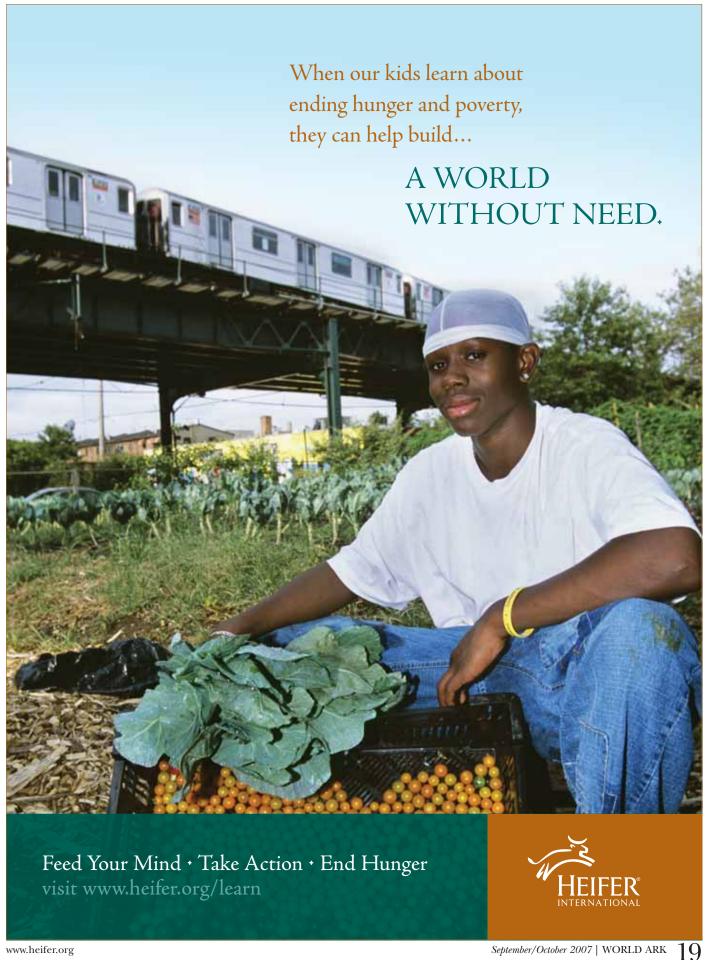
WA: Tell us about how and why you created "Building Blocks, 2007."

Jordan: The fact that we have 9 million children with no health insurance is a national tragedy on a deep structural level. I liken it to a family where there is child abuse going on, and everyone allows it one way or another, and no one talks about it. We're all contributing to national issues like this. In an unconscious way the result is something we choose together. I think if we could consciously choose, we would not choose to have 9 million children with no health insurance.

So that is the motivation behind a piece like "Building Blocks." To create it, I bought a set of blocks on eBay, scanned them all, and made tests to see how small the blocks could appear on a print and still be visible. I determined I could fit 500,000 blocks in a 5-foot square print. So to show 9 million blocks would require 18 panels, each five feet square. That was an amazing realization: even with the blocks at pinhead size, to show nine million of them would require a print as wide as my house. A quantity like that, visualized as the actual thing instead of being an abstract number on a page, is absolutely staggering.

WA: Do you think your art will be able to change people's behavior?

Jordan: I don't think my work by itself is going to change anybody's behavior, but I'm a big believer in the concept of critical mass. Right now there are thousands of passionate people who care about our world who are sending out a message about a new way we could live. Teachers are teaching it; documentary films are being made about it; poets, speakers, environmentalists, scientists and visionaries from every walk of life are talking about it from a thousand different perspectives. My hope is that my work can contribute to a cresting wave where a more conscious and evolved kind of thinking becomes mainstream instead of just on the fringe.



COMMON WEST

By Jaman Matthews | WORLD ARK WRITER

In 1944, Heifers for Relief, as Heifer International was then called, sent its first shipment of livestock to the village of Castaner, Puerto Rico. We wondered what life was like on the island in those days, and found our answer in the images of two photographers.

The husband and wife team of Edwin and Louise Rosskam headed for Puerto Rico in 1938. The island was, and still is, a commonwealth, neither nation nor state, a holdover from the age of American imperialism. The Rosskams spent several months photographing daily life on the island—men, women and children working, playing, worshipping, celebrating and mourning. Several years later, the couple returned to the island to continue their photo exploration and eventually settled on the island, where they lived for a number of years and reared their children. Their Puerto Rico photographs, taken between 1938 and 1944, became part of the Farm Security Administration's archive. The FSA was charged with documenting American society during the Great Depression and much of World War II, and gave us such iconic photographs as "Migrant Mother" by Dorothea Lange. A few years after these photographs were taken, the first shipment of dairy cows from the organization that would become Heifer International arrived on the island. The cows were originally slated to go to Spain, where Dan West had first envisioned a new kind of hunger relief. While volunteering during the Spanish civil war, West had an epiphany. "These people don't need a cup," said West, referring to the powdered milk he rationed out. "They need a cow." But due to the outbreak of World War II, the cows were rerouted to Castaner, Puerto Rico.

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Hoeing a tobacco slope, 1938.







Sugarcane and tobacco were two of the largest cash crops in Puerto Rico. Sugar, as well as coffee, were plentiful and cheap. But milk was inaccessible to many of Puerto Rico's poor. Therefore, many children were given "black milk," a mixture of coffee, sugar and water.

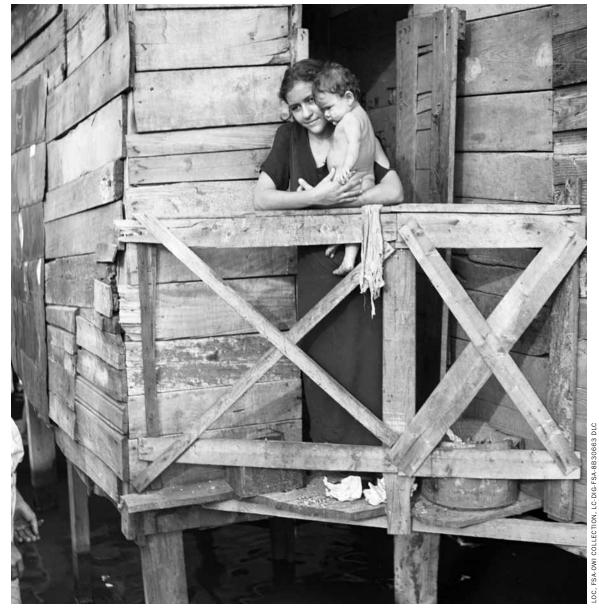
CLOCKWISE FROM LEFT: Black milk. This baby is getting a mixture of coffee, sugar and water instead of milk, which is too expensive, 1938; Cutting sugarcane, 1938; Ox cart driver who has been working in a burned sugarcane field, 1938. **Opposite:** Sugar worker taking a drink of water on a plantation, 1938.





Water supply in the workers' quarter of Puerta de Tierra, San Juan, 1938.

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In the workers' quarter of Puerta de Tierra, 1938.







"Jibaro" refers to the mountain peasants from Puerto Rico's interior. It was these poor farmers and laborers that Heifers for Relief set out to help with its first shipment of cows.

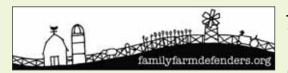
CLOCKWISE FROM LEFT: Funeral of a child, 1938; Child in workers' quarter of Puerta de Tierra, 1938; Interior of workers' shack, 1938.

The entire FSA archive, with more than 160,000 black-and-white and 1,600 color photographs, is available online as part of the Library of Congress American Memory project: http://www.memory.loc.gov/ammem/fsahtml



Jibaro tobacco workers leaving home for day labor in the fields, 1938

Why Food Sovereignty Matters



John Peck grew up on his family's farm in Central Minnesota and is now the executive director of Family Farm Defenders based in Madison.

Wis. He keeps busy fighting for the rights of both farmers and eaters. His goal is to help people understand what food sovereignty means, why it matters, and what we can do to support it.

Interview by Anna Lappe, CO- AUTHOR OF GRUB: IDEAS FOR AN URBAN ORGANIC KITCHEN AND HOPE'S EDGE

WA: What does food sovereignty mean to you?

Peck: Food sovereignty may sound like a fancy concept, but it's really simple: It means community democracy and control over our food and farm system; it means buying local and supporting your local farmers.

WA: When some people hear about buying local rather than imported food, they worry about hurting farmers overseas. Does supporting local foods—shopping at a food co-op, for instance—support food sovereignty globally?

Peck: First of all, only 5 percent of food is traded in the global marketplace. A lot of people don't realize that three times as much food is grown in cities as crosses borders, but it's the tiny fraction of traded food that dictates prices. When the world market price for commodities dive bombs, farmers everywhere are hurt. Via Campesina [an international coalition advocating for family, farm-based sustainable agriculture] argues that there shouldn't be world market prices for food. Prices should not just be country specific, but bio-regional. For instance, milk will cost farmers more to produce in New

England than it does for farmers in the Midwest, and so the price should reflect that.

WA: So does this mean you and your allies are against trade?

Peck: Not at all. People have been trading with each other for eons, long before Christopher Columbus got into a boat. We're for fairness for those products that we do trade like bananas and coffee, and for the right to have power over production and supply for those products we produce and sell locally.

WA: In trade talks in Cancun a few years ago, a Korean farmer committed suicide, declaring that the World Trade Organization kills farmers. Why are trade models so damaging that this farmer would take his own life in protest?

Peck: One of the big problems is known as "dumping," in which countries like the United States can now export heavily subsidized crops and flood local markets with artificially cheap products, often decimating small farmers' livelihoods. Mexico, after the North America Free Trade Agreement, is a powerful example.

Following the passage of the agreement, the domestic corn price in Mexico dropped by 50 percent due to subsidized U.S. corn. This cheap corn undercut local markets and contributed to 1.3 million peasants being driven off their land, many becoming migrant laborers or sweatshop workers.

WA: You've talked about how farmers in the Global South have been affected by dumping. What about farmers in the United States?

Peck: Once you're on the dumping treadmill everyone can dump on everyone. Our dairy farmers have been really hurt by dumping, too. Our milk prices have been undercut by cheap milk-protein concentrate, or MPC, which is being imported for use in fake-o cheese products like Velveeta and Kraft Singles. Also, since MPC is imported as a glue ingredient, which is considered an industrial product, we have no safety screening for it. Once imported, it's used in various cheese products, cutting off markets to our domestic dairy farmers. So yes, dumping comes back to haunt us. Globally, it's the same corporations making money, while the same farmers are hurt.

WA: Some think only people in industrialized countries are worried about genetically modified organisms (GMOs). You recently traveled to Mali for a meeting of more than 600 farmers and food producers from more than 80 countries.

What was the feeling there about GMOs?

Peck: Farmers were unanimously concerned. We heard, for instance, from the Armenian delegation that despite a national ban on GMOs, Syngenta, one of the world's largest GMO producers, has been dumping genetically modified corn there illegally for five years. When the company was confronted, Syngenta said the dumping was a mistake. If that's true, there have been a lot of "mistakes" in recent years, like the mistake of exporting GMO rice in Thailand or dumping genetically modified food aid in Sierra Leone. But does the government of Armenia or Thailand or Sierra Leone have the resources to be testing or controlling their borders for this illegal dumping? Unfortunately, no.

WA: Let's end with some action steps. How can we promote food sovereignty in the United States?

Peck: There's a lot that we can do, and a lot going on across the country. We can join the efforts to create local food policy councils. We can promote communitysupported agriculture where people invest at the beginning of the growing season in a farm to receive fresh food throughout the harvest. We can visit or start a local farmers market. And that's just for starters. We can also fight for specific policies, like local food purchasing in our school districts or property tax rebates for converting to organics, or bans on the planting of GMOs.



Animal, Vegetable, Miracle

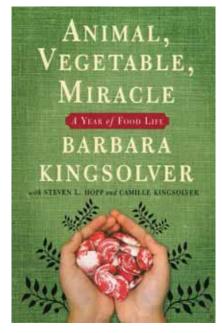
Reviewed by Anna Lappé | CO-AUTHOR OF GRUB: IDEAS FOR AN URBAN ORGANIC KITCHEN AND HOPE'S EDGE

t seemed fitting that I would be halfway through Barbara Kingsolver's new book when I found myself in the produce section of a local grocery store. [Full disclosure: Kingsolver and I share the same literary agency.] Reaching for a plump mango, I noticed the tag on the bin proclaiming "3,605" (the exact number of miles this luscious fruit traveled to get to me in California). Above the mounds of mangoes, melons and bananas—each labeled with their own quadruple-digit mileage tag-hung posters with the beaming faces of nearby farmers: David Little cradling potatoes, Marty and Jan Jacobson holding squash and Jesse Kuhn standing proudly in his healthy field. I love a juicy mango as much as anyone, but with these farmers smiling down at me, I happily passed on to one of the local options.

I am not the only one choosing local. It seems everywhere you turn folks are realizing we've made an odd collective choice to get our food from so far away, that perhaps we should think twice before buying a California strawberry in New York, whose five calories are dwarfed by the 435 fossil fuel calories used to ship it across the country.

Barbara Kingsolver's new book, *Animal, Vegetable, Miracle*, is a celebration of this turn toward the local, told in a beautifully woven tale of one family's choice to eat local, almost all of the time, for one year. In Kingsolver's case, "local" was defined as narrowly as possible. Most of what her family ate for the year came from their very own farm.

World Ark readers may be familiar with Kingsolver through her best-selling



By Barbara Kingsolver, Camille Kingsolver and Steven L. Hopp Hardcover | \$26.95 HarperCollins Publishers

novels including *The Poisonwood Bible* and *Prodigal Summer*. Others may know her from her support of Heifer, including traveling on a study tour to Peru. Some may even have heard that this Kentucky-raised, but multi-decade Tucson-dweller, had decided to pack it all up and move with her husband and two daughters—a high-schooler and a seven-year-old—to a farm in Appalachia.

Animal, Vegetable, Miracle is the tale of her family's year of food. Family is a key part of the story. Kingsolver and her husband and daughters regularly took to the fields together, each playing key roles. Her husband was the family bread maker (literally, not figuratively). Her eldest daughter (before heading

off to college) was one of the culinary queens. And, her youngest daughter, Lily, was the egg provider, maturing from egg dreamer to egg entrepreneur as she started selling her boxes of "Lily's Lovely Layers" to customers who flocked to their farm. A confident charmer, Lily wouldn't think twice as "she picked up the phone to arrange an egg pickup, always remembering first to ask, 'How are you today, and how's your family?'"

Like the growing, harvesting, cooking and eating Kingsolver dexterously documents, the writing was also a family affair. Her elder daughter, Camille, provides a younger perspective—sprinkled with references to iPods and Brangelina—on the choice to eat local, and in so doing offers proof that Kingsolver's gospel has truly spread. And Kingsolver's husband, Steven L. Hopp, a professor of environmental studies, provides sidebars to bolster the book's arguments with facts and online resources. (I was glad Kingsolver left these comments and resources for her husband to tackle. It left the more lyrical musing to her. It's as if you, too, can almost hear the roosters' crow and experience the "yellow-green smell of the tomato rows.")

The local-food movement has been called a lot of things, possibly most loudly of all—elitist, with \$8 per pound heirloom tomatoes touted as evidence. But that jab is hard to jive with Kingsolver's family's experience. By the end of the year, she writes, "We'd fed ourselves, organically and pretty splendidly we thought, on about fifty cents per family member, per meal." Elitist? I don't think so. Of course,

MIXED MEDIA FOOD FOR THOUGHT

Kingsolver notes, they had the luxury of land, but it wasn't that much land. Her family's "food footprint" was about one acre. In contrast, the average American family uses the equivalent of 4.8 acres, which includes land for

that tune. Consider this description of her kitchen after the threat of a cold chill sent them scrambling to shelter their seedlings until the room looked like "the gullet and tonsils of a Chia Pet whale."

Animal, Vegetable, Miracle debunks these false notions of what it means to support local food, but it also teaches you a lot about plain-old farming and cooking, from how turkeys mate to how to spot a morel; from what time of year you can expect asparagus to sprout to how to can tomatoes.

the corn used in the sweeteners that supply our national soda addiction. And even if you don't go whole-hog, as Kingsolver does, she makes a strong case that cooking whole foods (even local, organic ones) from scratch is a money-saving proposition.

The other jab against local foods' promoters is that we're humorless food nannies. Open to any page in Kingsolver's book, read a few paragraphs, and I'll place money on changing

Another critique is that by choosing local, we're heartlessly hurting small farmers overseas, a concern supporters of Heifer may quietly harbor. Kingsolver and crew do a great job of helping us see there is nothing contradictory about supporting local foods and small farmers overseas. In fact, the two go hand-in-hand. Writes Hopp: "In every country on earth, the most humane scenario for farmers is likely to be feeding those who live nearby—if

international markets would allow them to do it. If you care about farmers, let the potatoes stay home."

Animal, Vegetable, Miracle debunks these false notions of what it means to support local food, but it also teaches you a lot about plain old farming and cooking, from how turkeys mate to how to spot a morel; from what time of year you can expect asparagus to sprout to how to can tomatoes.

Kingsolver does more than teach; she inspires. After reading about their tomato windfall and canning solution, I fell asleep dreaming of glass jars and pots of simmering tomatoes. I dogeared nearly every one of Camille's recipes and now anxiously await rhubarb season, salivating when I think of the strawberry rhubarb crisp. By the book's last page, I had added to my household's shopping list: bread machine (to bake our own bread), seedlings (to start our own window herb garden), and rennet (to try our hand at making cheese). Sound ambitious? Maybe. But Kingsolver makes it all sound so easy, so tasty ... and so right.



www.heifer.org September/October 2007 | WORLD ARK 3

Alice Waters and Chez Panisse

The Romantic, Impractical, Often Eccentric, **Ultimately Brilliant Making of a Food Revolution**

Reviewed by Sarah Donaghy | HEIFER GLOBAL EDUCATION PROGRAM OFFICER

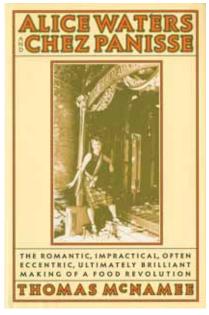
hat comes to mind when you think of Alice Waters and Chez Panisse? If you're familiar with either, you probably think of America's original "foodie" and her byreservation-only restaurant known for serving French-inspired dishes made from seasonal, local ingredients. Alice Waters and her restaurant revolutionized the way many of us think about what we eat. If you haven't heard of the woman or the restaurant, you're not alone—and you're definitely in for a treat.

Thomas McNamee's new book. Alice Waters and Chez Panisse: The Romantic, Impractical, Often Eccentric, Ultimately Brilliant Making of a Food Revolution, follows the life of Waters from a child with "almost painfully acute" senses through her college years at UC-Berkeley in the tumultuous 1960s, including her time in France where she fell in love with the food and culture. The book also charts the 36 years of Chez Panisse history, landing in the present day to focus on Waters as an advocate for preserving small farms and improving school lunches. It seems that everything in Waters' world, from her "Queen of the Garden" ensemble made entirely of vegetables and fruit for a costume contest when she was a child to her Montessori training after college, fed into the development of Chez Panisse and her work today.

From choosing a name and finding a building to hand-writing the daily menus

and selecting the flowers, McNamee details how the dream of Chez Panisse became a reality for Waters and her supporters. With the drama of a soap opera at times, the book records the growth of the restaurant through many chefs, mostly inexperienced, often stoned or drunk staff, unaccounted for bottles of wine, and a fire. It also chronicles the growth of its proprietor through many lovers and friends, a marriage, a birth, a death and a divorce.

McNamee's book shows us that it was really Waters' time in France that sparked her interest in eating good food in a familial environment. Upon return to the United States, she began cooking with and for her friends, working her way, sometimes disastrously, through Elizabeth David's



Thomas McNamee Hardcover | \$27.95 Penguin Press

Alice Waters and her restaurant revolutionized the way many of us think about what we eat. If you haven't heard of the woman or the restaurant, you're not alone—and you're definitely in for a treat.

French Provincial Cooking. As the crowd around the table grew, so did Waters' confidence and expectations. Her boyfriend at the time, David Goines, said, "Everything had to be, within reasonable limits, perfect, or she wouldn't serve it."

A brief and disappointing stint in a "trying-to-be-French" Berkeley restaurant further shaped Waters' idea of how a restaurant should operate and

confirmed for her the importance of quality ingredients. She reflects, "Sure, you had to know technique. But if you didn't start with great ingredients, you could never make great food."

In Alice Waters and Chez Panisse, McNamee finds that just as France was the impetus for the Chez Panisse style of dining, parenthood was the reason for Waters' move toward educating consumers about "what food mean[s]

to the survival of the planet." She educated herself by reading Wendell Berry and Wes Jackson. She became even more critical of the quality of the ingredients Chez Panisse was using, wanting, for example, to be sure the meat they served had been raised humanely. The restaurant's foragers began to look more deeply at local and regional sources, providing Waters with thorough, flamboyantly descriptive reports on each farm visit.

McNamee chronicles Waters' mission to take her local, sustainable food philosophy to the next generation. Readers see Waters turn the asphalt-covered grounds of her neighborhood middle school into the "Edible Schoolyard" where children "learn to

plant, cultivate, harvest, cook, and serve food that they themselves grew, [where] each activity could be tied to something in the curriculum [and] kids would [also] learn table manners, coopmanaged to massage vast amounts of information into the charming true tale of a woman and her dream, both of which, as the title suggests, weave through overlapping periods of romanti-

In Alice Waters and Chez Panisse, McNamee finds that just as France was the impetus for the Chez Panisse style of dining, parenthood was the reason for Waters' move toward educating consumers about "what food mean[s] to the survival of the planet."

eration, mutual consideration, and a love of beauty."

Though the multitude of characters and thickness of plot can at times make *Alice Waters and Chez Panisse* difficult to navigate, McNamee has

cism, impracticality, eccentricity and brilliance. *Alice Waters and Chez Panisse* offers an intriguing read for anyone interested in an American institution and the woman who started a revolution.



www.heifer.org September/October 2007 | WORLD ARK 35

Reviewed by Lindsey Miller | WORLD ARK CONTRIBUTOR

n 1975, the singer/songwriter Harry Chapin co-founded World Hunger Year (WHY), a not-forprofit organization aimed at finding solutions for hunger and poverty at a grassroots level. Chapin, perhaps best known for the father-son ballad, "Cat's in the Cradle," died in an auto accident just six years later, but the organization he helped form—and its connection to music—continues to thrive.

For years, musician members of WHY, who form the sub-organization Artists Against Hunger & Poverty (AAHP), have raised money for the nonprofit by donating tickets and signed memorabilia and through an annual benefit concert. Earlier this year, AAHP upped the ante by partnering with the Hard Rock Café to release the compilation album "Serve."

Twelve bands and artists—all friends or members of AAHP-are

featured on the album, which offers a winning mishmash of rare and unreleased material together with key songs from rising acts. Only a literalist could find any sort of thematic hunger/poverty angle to the track list (Springsteen's "Secret Garden" or the Strokes' "Alone, Together" could be candidates until you listen to the lyrics). Instead, the CD sounds like a mix-tape a friend might make.

To that end, a tried-and-true



mix trick opens the album—a rare version of a popular song. The Boss's "Secret Garden" comes adorned with a lush string section. Next, a stripped-down, acoustic version of "Jaded," Aerosmith's

2001 hit, adds an intimate feel to the track. Alt-rock faves Coheed and Cambria ("A Favor House Atlantic") and Good Charlotte ("Lifestyles of the Rich & Famous") also contribute acoustic tracks.

Several late-night, slow-dance jams figure into the album. British electro-acoustic chanteuse Dido offers the title cut to her 2003 album "Life for Rent," an ode to the solitary, transient life, and rising crooner Ray Lamontagne, who seems to be angling to be this generation's Van Morrison, contributes the love song "Shelter." Perhaps to fulfill the anthemic quota, the long popular title track to 1989 debut, "Let Love Rule," is also included.

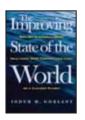
All net proceeds from the sales of the CD go directly to WHY, which is reason enough to buy the album-even if it might end up a coaster. Benefit compilations are a dime a dozen, but if you'll study the fine print, only a fraction of the profits typically gets funneled to the

The CD is \$12 and only available via the Hard Rock Café website, www.hardrock.com/promo/serve/.

The Improving State of the World: Why We're Living Longer, Healthier, More **Comfortable Lives** on a Cleaner Planet

By Indur Goklany Cato Institute \$19.95 (paperback)

An optimist's view of globalization; Goklany argues that technological advances and free trade are improving lives at unprecedented rates.



Instant Karma: The Amnesty International Campaign to Save Darfur Various artists Warner Bros. \$21.98

With classic John Lennon songs performed by U2, REM, Green Day and other popular artists, this two-disk CD supports human rights in Darfur.

Good Magazine \$4.95 per issue

A hip bimonthly magazine that bills itself as "an entertaining



magazine about things that matter." Available on newsstands and by subscription. And this magazine puts its money where its mouth is: 100 percent of the \$20, one-year subscription goes to the charity of the subscriber's choice.



s an organic cooperative, owned and ****operated by independent American family farmers, we are fiercely committed to the notion that more people can thrive when the group works together for the good of all.

It's why we hold such deep-rooted respect and admiration for the humanitarian, communitybuilding work of our kindred spirits at Heifer International. So, we couldn't be prouder as we dedicate our family of farms to the support

of Heifer International's USA Country Program.



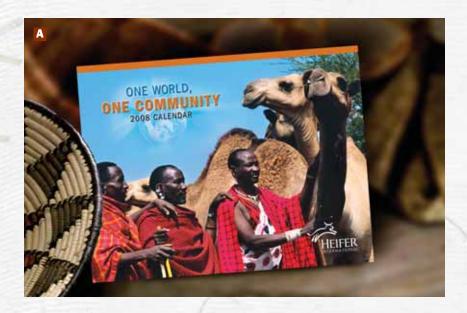
We see it as a momentous day, when two grassroots communities who share a love of sustainable organic agriculture lock elbows in a fresh approach to reviving the land of plenty.

After all, the farmers who provide each of us with delicious, wholesome food have earned a rightful place at the table.

To learn more and help build sustainable, equitable food systems right here in the United States, visit:

www.heifer.org/organicvalley

World Ark Market





A. 2008 HEIFER WALL CALENDAR

Featuring photography from Heifer projects worldwide, the 2008 Heifer wall calendar is a great reminder of hope in action. Measures $11"w \times 8.5"h$.

#NL2008\$8.00

B. "FIRE PRAYER" JOURNAL

Inspired by an ancient prayer of the Aboriginal people of Western Australia, these 75-page, spiral bound notebooks measure 7.25-by-9.5 inches and have an extra-heavy cardboard backing. Pages are heavy weight, ivory colored and lined. Please note that each journal's cover art is handcrafted so colors may vary slightly. Available in maize, teal, olive and brick.

#NB1006\$15.00





C. HEIFER PEN

Roughly 2.5 billion plastic pens end up in landfills every year! Heifer invites you to make a difference with a refillable ballpoint pen made from white birch furniture scraps. Each pen is laser-engraved with the Heifer logo and comes with a long-lasting brass cartridge filled with non-toxic black ink. Medium point refills fit both pen sizes.

#NB2026SBK	Slim	\$3.75
#NB2016WBK	. Widebody	\$4.75
#NB2036RBK Black	Refills (2)	\$1.75
#NB2046RBLBlue		

D.HOPE FOR PEACE HOLIDAY CARDS

Message inside: And most of all peace. 20 cards.

#NCS606 package of 20/\$10.00

E. "REJOICE" HOLIDAY CARD

14-year-old Andranik, a Heifer International – Armenia project participant, created this hopeful portrait of a peaceful planet. We paired Andranik's art with a simple message to rejoice in the spirit of Christmas. Printed on recycled paper. Message inside: Rejoice in the spirit of Christmas which is Peace, The miracle of Christmas which is Hope, And the heart of Christmas which is Love.

NCS607..... package of 20/\$10.00

F. CELEBRATING COMMUNITY NOTECARDS

Inspired by her travels with Heifer, artist Betty LaDuke brings together vivid images of community spirit in these recycled paper notecards. Each boxed set includes 3 each of 4 designs representing Heifer's four program areas. Please note that these 5.25" square cards may require additional postage.

NNC007.....package of 12/\$11.00

G. 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

H. HEIFER BARREL MUG

This generous 16 oz mug has a unique barrel shape, a black matte finish exterior, and a comfortable c-shaped handle. It's a great way to enjoy a cup of Heifer Hope Blend. Measures 4"w x 4.5"h.

NM0407 \$8.00

J. 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

K. ONE WORLD, ONE FAMILY

Bring the world to your family with this inspirational collection of quotes and photographs featuring Heifer projects and participants.

#NB0703\$5.00

L. BEATRICE'S GOAT

Beatrice's Goat, The New York Times best-selling children's picture book, tells a story about how the gift of a Heifer International goat changed the life of a little girl.

#NB0700 Hardback	\$16.00
#NB0700S Softback	\$7.99

M. HEIFER WATER BOTTLES

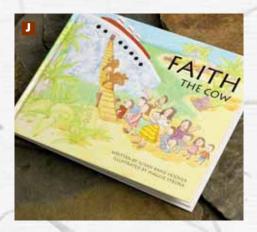
Get your 8 glasses of water a day in style with a Heifer water bottle. Specify yellow, pink, purple, aqua, gray, orange, neon or blue when ordering.

#NW0006\$6.00

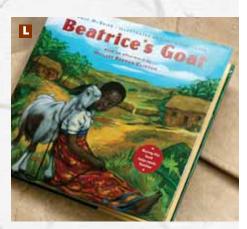






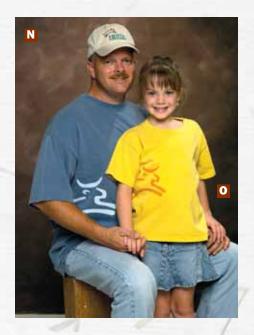








World Ark Market







N. HEIFER BALL CAPS

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

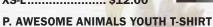
#NS4000 \$10.00

O. "COWING AROUND" T-SHIRT

Available in Gold or 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



The Read to Feed™ animals spread hope and cheer as they parade around this lime green youth tee. Made in America, these organic cotton shirts are printed with water-based ink to ensure long-lasting, fade-free imprints. Youth sizes S, M, L.

NS5400 Youth S-L \$18.00

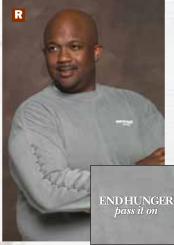
Q. SAGE ADVICE: END HUNGER T-SHIRT

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

#NS5000 Adult LS S-XXL......\$26.00 #NS5000 Adult SS S-XXL \$22.00

R. "END HUNGER: PASS IT ON" T-SHIRT Gray, 100% cotton, long sleeves.

#NS5100 S-XXL\$20.00







S. 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 Child XS-L \$12.00 #NS4700 Adult S-XXXL.....\$15.00

T. "COW THAT SAVED THE EARTH" T-SHIRT Black, 100% cotton.

#NS4800 Adult S-XXL..... \$15.00

U. 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



V. HEIFER MARKET TOTE

The next time you shop, use a roomy Heifer tote to help reduce the use of paper and plastic bags. These sturdy, flat-bottomed bags are constructed in the shape of a brown paper grocery bag - only these have handles and won't tear! Organic cotton and hemp blend, 14.25x12x8 inches. Available in ginger, olive and pinecone.

#NM0406\$16.00





W. HEIFER WINDOW DECAL

Show your support and spark conversation with this attractive, weather-resistant vinyl decal. White, 5-by-3.5 inches.

#ND0006\$1.00



Put the essentials for daily skin care at your fingertips with Dr. Hauschka Skin Care's convenient kits for face, body and bath. A minimum of twentyfive percent (25%) of the purchase price of each kit will be donated to Heifer (maximum donation of \$100,000).









Y. VIDEO — SEEDS, HOPE & CONCRETE

Overview of Heifer's urban agriculture programs that help city dwellers and at-risk youth grow fresh food, improve nutrition and earn extra income.

#NV3005DVD	\$12.95
#NV30S5DVD-Spanish Version	\$12.95

Z. VIDEO — PASSING ON THE GIFT: HEIFER INTERNATIONAL'S MISSION TO END WORLD HUNGER

Showcases how Heifer helps families overcome poverty and achieve self-reliance. #NV1005DVD......\$12.95 #NV1015VHS\$10.00

AA. VIDEO — HEIFER: A DOCUMENTARY BY BOB GLINER

This DVD is the result of award-winning documentary filmmaker Bob Gliner's year spent visiting Heifer project sites in Guatemala, Tanzania, Albania and China. Disk includes both the TV version: 56 minutes, and the abbreviated version: 31 minutes.

NV2305DVD\$12.95

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Poland Revisited

By Kendra Johnson | WORLD ARK CONTRIBUTOR

oland has a long history of political unrest and popular struggles. Over centuries, it has gone from a kingdom to a commonwealth, disappeared into the borders of its three neighbors and resurfaced as an independent nation in 1918 before falling under Soviet rule until 1989. Through it all, what has remained is the resilient Polanie, or "people of plains," the Slavic tribe for which the country is named.



Participants in a Heifer study tour to Poland inspect a healthy cow.

"There is a bright spirit in the Polish people," said Jan West Schrock, daughter of Heifer International founder Dan West, upon returning from a study tour to Poland in May. A senior adviser to Heifer International, Schrock led a group of 14 Heifer supporters on what she called "a two-week traveling community and an experiential classroom of Heifer's work and Poland's history." What the group discovered in Central Europe was a situation not unlike that at home.

Since the fall of communism, sheep and goat farming, which had been part of the Polish rural

landscape for centuries, has disappeared. Formerly state-owned farms have given way to foreign agribusiness corporations in a postcommunism rush to a free market. Small farmers have been left with too few resources and little chance of competing in a market dominated by giants. "After the communist era, some of the few who had money and access quickly bought up government farms.... There has been a very rapid shift from commu-

> nism to capitalism, so agribusiness came fast and small farmers still struggle. The situation is similar to the United States," Schrock said.

> As in the United States, Heifer is working in Poland to keep small farmers working, improve food security and build solidarity among the resourcepoor. In all, the study

tour visited nine project sites in between tourism stops and reflections on the Heifer model and cornerstones. The highlights were project visits to three shelters: one for homeless men, one for homeless women, and one for Poland's social orphans. All three projects incorporate pig breeding and organic community gardening.

"What all three have in common is that they have caught the spirit of community. They are not only focused on their own project but are reaching out into the larger community. The orphanage gives its produce to the community and

brings children from the area in for after-school programs," Schrock explained.

"Building this sense of community in Poland has not been an easy task," Schrock said. "I was eager to see Poland because of Heifer's long history there. But their spirit of community has been so crushed by so many, many wars. World War II decimated the country and then communism, so people don't trust organizations like Heifer coming in with livestock."

Heifer first sent cattle to Poland in the late 1940s, when Schrock was growing up in her own community of early Heifer collaborators, who were "optimistic about mending the wounds of war." One of those early supporters was Claire Stine, who was also among the study tour participants. The Stine family raised their first heifer to be shipped abroad. Poland later closed its doors to Heifer projects under communist rule.

After the fall of communism, Heifer established the Central and Eastern Europe Program, and Poland was among its first country areas. The two-week traveling community visited many first-year projects, documenting their experiences in a journal penned by a different participant every day. In hers, Schrock notes that "we saw the effects of globalization," and "we witnessed the gap between emerging agribusiness and the small farmer," but she also saw that "Heifer brings hope, the possibilities of sustainability, and, most importantly, the rebuilding of trust and community."

A Cameroonian Dream

By Elizabeth Mayang Elango | HEIFER WEST AFRICA PROGRAM OFFICER

Stephen Ndonue is many things. He is a comedian, a father and husband, a farmer and a secretary in his community group. And when his community group put on a skit during the celebration of Heifer Cameroon's 30th anniversary, he was an actor, playing the role of Dan West, Heifer's founder. To him, every interaction is an opportunity to joke and make people laugh. But when it comes to matters surrounding his farm, Ndonue gets pretty serious.

His farm is a 12-acre parcel of land nestled in the foothills of Bamenda,



Stephen Ndonue credits his wife for his family's success.

Cameroon. There, Ndonue has carved out a comfortable living for his family of seven, which includes his wife Prisca and their five children. Their home is surrounded by impressive gardens that sprout boastful heads of cabbage, plump tomatoes, tall ears of corn and long bean plants that weave endlessly on the ridges. Everywhere, the land is green and giving. Ndonue has learned

that when the Earth is taken care of, she can be very generous in return.

All this produce, however, grew as a result of hard work and was born from the vision of an amazing couple who have boundless commitment to their family and their community. Ndonue lost his father when he was eight years old, and the land his father left behind was entrusted to him. It was a huge responsibility to grow up with, one that has at times overwhelmed him to the point of inaction. "On August 4, 2002, I received a dairy cow from Heifer," Ndonue said. The rest is history. It was

this simple gift that set him on the path to almost endless possibilities.

Before he received the animal, Ndonue was a palmwine tapper, harvesting the sweet sap of the palm tree for sale in the nearly market. It did not bring much income for his family, but he was content. His small farm produced just enough food, and occasionally they could afford meat to supplement their diets. But once he received his heifer, things changed. The availability of fresh milk was not the only thing that gave him cause to work harder. The manure

from the animals allowed Ndonue to expand his garden. More plants meant a greater need for irrigation, so Ndonue harnessed water from a nearby spring, connecting it to a tiny pipe in his yard. The water flows slowly, but it's a big improvement from having to walk miles to carry water from the community's shared water source. Electric wires, newly installed

(Continued on page 42)





HEIFER BULLETIN | NEWS FROM THE FIELD

(Continued from page 41)

just four months ago, bring power to the home. "I used to use a bush lamp to light my house and now I have power," Ndonue said.

It's easy to tell by the big gaptoothed smile on his face that Ndonue is a happy man. He gives most of the credit to his wife. "Behind a successful man stands a strong lady," he says proudly. "My success is not single-handed. She deserves most of the credit. She is a better planner. She conceives most of the ideas and I execute them."

The other members of his group laugh, adding that Ndonue would never give her such praise to her face. But Prisca Ndonue does not seem the kind of woman who is fazed by that. She is much too busy running the supply store the group opened a while ago. There, bags of feed are piled almost to the ceiling amid equipment available for sale. On the other side of the room a freezer holds yogurt, cheese and fresh milk for sale. The veranda in front of the building has quickly become a popular drinking spot; not for alcohol, but rather for fresh milk. Neighbors bring their children every day for a cold glass of fresh milk before bedtime.

The Ndonue children sometimes join the others in this feast. Since their parents received a cow, the whole family has become involved in their enterprise. The cow produces more than three gallons of milk a day, and even the 9-year-old has learned how to make yogurt. This summer, as the long school break approaches, the children pester their mother to teach them how to make cheese. The family members agree that even more than the animal, the training they received through this



Heifer project participants in Cameroon are trading powdered milk for the real thing.

Heifer project is most invaluable. It has motivated them to do so much more. This summer they plan to add a pig pen for hogs they will purchase soon. There is also the parcel of land carved out for a fishpond. It is part of an integrated farming system they could dream of only after the training from Heifer opened their eyes to their options and potential.

In these parts of rural Cameroon, fresh milk can be very hard to come by. Like many countries in the region, Cameroon depends largely on powdered milk, imported in large quantities from Europe and Asia. According to the Food and Agriculture Organization, milk consumption per capita in Cameroon is 22 pounds per year, compared to about 66 pounds for developing countries. These figures lag well behind the estimated 462 pounds per capita

consumption in developed countries. Helping developing countries catch up in terms of milk production is best done by helping farmers to produce larger quantities of milk more efficiently. This is the strategy that Heifer has adopted in Africa.

"I am in the Second World on the way to the First," Ndonue exclaims, his hands gesticulating wildly in the air. His exclamation amuses him, and he laughs heartily at his own joke. "But I am no longer in the Third World," he adds, laughing still. Asked how he will know when he gets to the First World he concludes without hesitation: "When my little brick house is plastered with cement and painted a nice, bright color. And when my dirt floor is surfaced with concrete, then I will know I'm in the First World."

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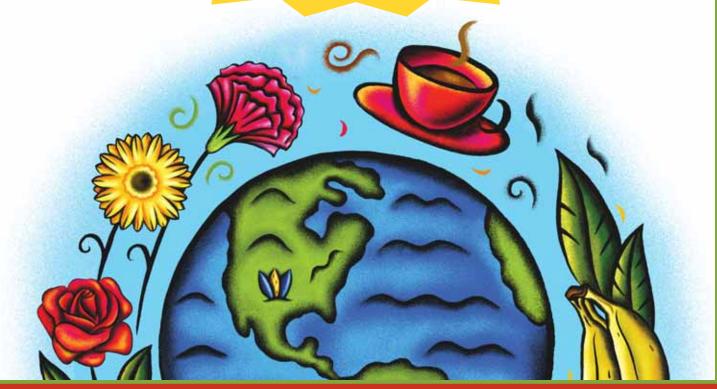
GET IT! focuses on the role middle-schoolers play in the global economy and how their choices impact the environment and people across the world. This global education program highlights the links between Latin America and the United States.

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African Children's Choir Nets Rave Reviews, Donations for Heifer

By Matthew Cate | WORLD ARK CONTRIBUTOR

oming off a successful Heifer International fundraiser last year, Caroline Bonnet was ready with grand designs for a bountiful follow-up this spring. But when her original plans fell through, the northern California-based volunteer coordinator changed course with a plan that wowed a crowd of hundreds, pumped \$23,000 into Heifer's work and moved many people to volunteer their own time and energy.

Bonnet, a retired registered nurse who began volunteering with Heifer five years ago, helped draw the African Children's Choir to a nearly sold-out performance in Santa Rosa, Calif. The ensemble of about two dozen Ugandan children, each of whom has lost one or more parents to AIDS or other diseases, fit nicely with Heifer's HIV/AIDS projects in Africa, she thought.

At first, Bonnet had hoped to replicate the previous year's hunger banquet she'd organized in another town. As an added touch, she'd planned to feature a show by the Soweto Gospel Choir of South Africa, which helped celebrate Heifer's dedication of its Little Rock, Ark..



The African Children's Choir performed at a fundraising event in Santa Rosa, Calif., bringing in \$23,000.

world headquarters' opening in early 2006.

"I found out they weren't going to be in the country at the time I wanted to do it," she said, adding that she then headed to the Internet, where she fell in love with the African Children's Choir.

"When I found that, it was so fantastic, I said, 'Forget the banquet. Let's just do a concert!'" she exclaimed. "This is perfect. I thought they would enhance Heifer's ability to raise money,

as well as raise their own funds."

Fresh off a special appearance on American Idol in Hollywood, the choir headed north for its April 27 performance at the Center for Spiritual Living in Santa Rosa. The 750-seat auditorium was nearly filled with about 650 people, each of whom paid \$30 per ticket. Many of them donated even more after the show, and the Sonoma County coordinator expanded her volunteer base from roughly 18 volunteers to more than three dozen.

And all of that with relatively little pre-show publicity, Bonnet said. "Of all the places we contacted, we got nothing. It was like dead silence," she said. "So, we just went ahead with word-of-mouth." There was eventually a brief mention on a local radio show and a handful of flyers around town, Bonnet said.

In the end, she said the audience was flat-out floored by the lively and deeply moving performance of the choir, whose members range in age from 6 to 10 years old.

"Everyone was so thrilled," she said. "Everyone left with a smile on their face."



The Church's Flock

By Matthew Cate | WORLD ARK CONTRIBUTOR

or two weeks, the grounds at Holy Cross Catholic Church were home to a stampede of wildly decorated livestock and fowl. More than 500 plywood-cutout animals filled the Deerfield, Ill., church's "Ark Park" during Holy Week and another encore week, the (Continued on page 45)

(Continued from page 44)

hodge-podge herd standing testament to the generosity of hundreds of parishioners.

As pastoral associate Mary Ann Spina hatched the Heifer International fundraising plan, another volunteer suggested the "Flock the Church" program could raise maybe as much as \$50,000.

"At first, when he said it, I said, 'You're nuts. There's no way,'" Spina explained. "We surpassed even that."

Indeed, with volunteers donating about \$15,000 worth of design and labor, the project sold 542 animals to parish families. Each home took a plywood cut-out of an animal of its choice, decorated it and returned the animal to the church before Palm Sunday. Llamas and sheep proved popular, and so were the baby chicks, Spina said. Others decorated cut-out cows and pigs.

Prices ranged between \$20 to \$1,000 per cut-out. In all, "Flock the Church" raised nearly \$56,000. That money is now funding several Heifer projects, from the Mississippi Delta to Lithuania.

Even with all the excitement she'd been able to drum up, the project would've been hard to pull off without the parish art teacher, a retired engineer who designed the animals and the initially reluctant woodworker who said he'd be too busy to cut out the shapes.

"It turns out he knew about Heifer, and he basically talked himself into helping us," she said. "Next thing I know, he's cutting all the animals out and has one of his suppliers to donate all the wood for it."

The idea came to Spina as she brainstormed for a project the entire parish could do after years



Mary Ann Spina of Deerfield, III., collected \$56,000 at a Heifer fundraising event sponsored by her church.

of smaller-scale fundraisers. She decided to emulate the city of Chicago's successful 1999 "Cows on Parade" exhibit. In that project, 300 life-size bovines were designed by local artists and celebrities and displayed across the city.

Spina said at first she knew the parish's work wouldn't be as grandiose. But before long, word of the display spread, including a mention in the *Chicago Tribune*.

"So many people from all around the Chicago area were driving up here to see these. So, we left it up for two weeks," she said.

The project proved such a success, Spina said plans are underway for another one. But, given its enormity, perhaps it will have to be Easter 2009.

"That's a lot to ask people every year. But I'm sure the next time we do it, we'll have an even bigger response," she said. "They're still talking about it."

Stitchers Support Heifer

By Matthew Cate | WORLD ARK CONTRIBUTOR

dozens of quilts in her New York apartment, but probably none of them means as much to her as the one she recently bought on eBay. The quilt was made by 48 women across North America and sold on the online auction site to raise more than \$1,700 for Heifer International. Though Marquardt and the quilters haven't met, their fondness of hand-crafted quilts and desire to help others in need helped to stitch together one fundraiser she won't soon forget.

"It just shows you the world is a very small place indeed, and that when people all have their hearts and minds focused correctly, a lot of good work can get done," Marquardt said.

Having gotten the quilt bug about 10 years ago in New York, the Ohio native hasn't been able to shake it. And for years she's been an active Heifer International supporter, one who tries to give at least one Gift Ark donation of \$5,000, every year.

Soon after she moved to Manhattan, Marquardt was smitten by a quilt designed by Connecticut-based designer Denyse Schmidt on display at Saks Fifth Avenue. Now, Marquardt owns some 35 quilts, most of them designed by Schmidt.

(Continued on page 46)

THE HEIFER SPIRIT GIVING RESOURCES, GIVING SELF

(Continued from page 45)



Wendy Marquardt wraps up in her new quilt, which was created by 48 women and sold online to raise money for Heifer International.

Over the years, the two women became friends, drawn even closer by their support of Heifer. Earlier this year, Schmidt told her of a new project she was working on. It was a charity quilt whose creation was led by Jessica Croker, a young mother of four who wanted to do more than just make another quilt.

"In the craft-blog community, organized swaps were popping up everywhere, but I hadn't seen anything that involved a component of service," said Croker, who now lives in Ohio. "I felt that was an important element I wanted to include in anything I organized."

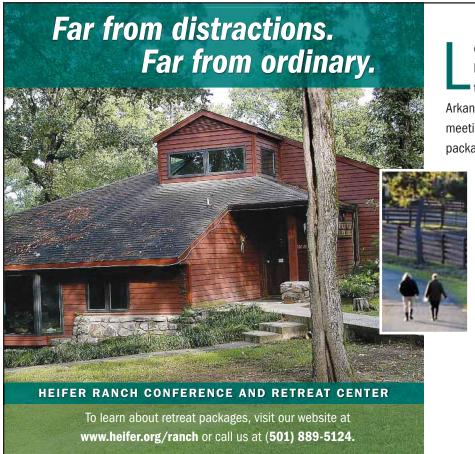
Since March 2006, Croker and her Internet-connected quilters dutifully pieced together their fundraising project, finally putting it on eBay in March 2007.

Marquardt knew she had to have it. "I really wanted to give them the

maximum I could," she said. "I didn't care how high they bid." Marquardt won with a \$1,735 bid. Originally, the group had expected maybe around \$500.

With the quilt money, Croker and her children bought sheep, goats, alpacas and honeybees. Along with the finished quilt, Croker sent Marquardt the children's drawings of the animals.

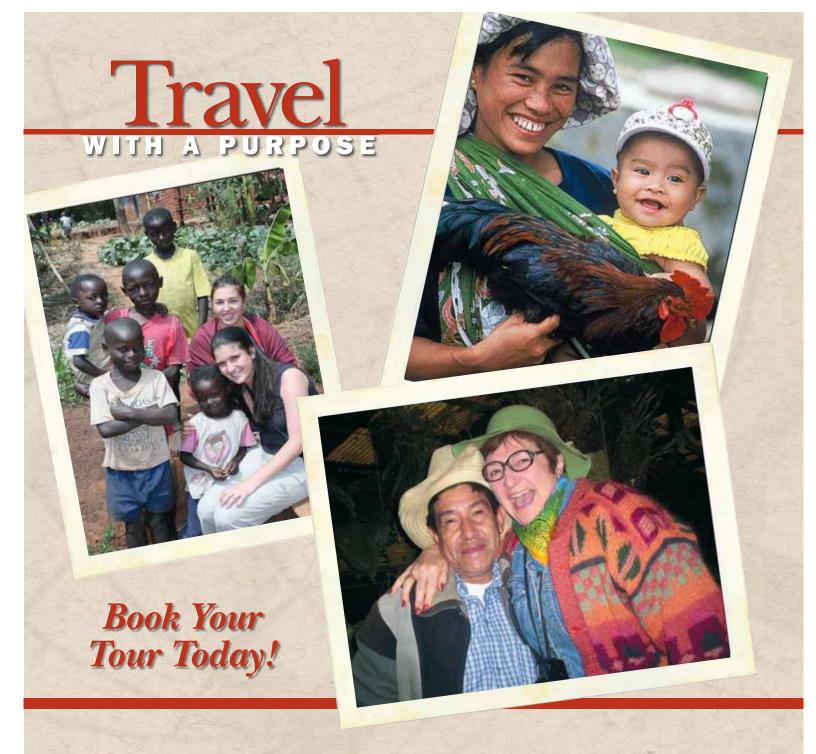
For Marquardt, it was a gift of a lifetime. "I'm just sort of an intermediary that happened to get lucky enough to buy this beautiful quilt that has so much positive energy in it," she said. "I'm very proud to have such a wonderful piece that so many people contributed to and that is making a whole lot of lives someplace else a lot better."



eave the distractions of the city behind and retreat to the foothills of the Ouachita Mountains of central Arkansas for your next corporate or civic meeting. Heifer Ranch offers affordable packages and modern facilities, complete

with high-speed wireless Internet and audio-visual equipment, all situated within a 1,200-acre working ranch. We have three lodge houses and a dining facility that can cater to large or small groups. For your next meeting, don't settle for a sterile hotel conference space. Retreat to the extraordinary.





eifer 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.

We have many Study Tours coming in 2008. Visit our website at www.heifer.org/studytours for the most current information or contact the Study Tours office at studytours@heifer.org or (800) 422-1311.



HEIFER CALENDAR



CERES CENTER

FIELD TRIPS

Learn about Heifer and the Ceres Education Center.

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.

HARVEST DAY

October 13—From 9 a.m. to 2 p.m., bring the children for face painting, a corn maze and a straw-bale pyramid. Pumpkins and lunch will be available for purchase.

HEIFER RANCH

FROM BEES TO HONEY/ BARN REPAIR

September 30-October 5—A weeklong service program that combines either fall honey harvesting or barn and animal pen repair with educational activities such as a village meal. Age 18 and older.

LIVESTOCK HEALTH CARE

October 7-12—A week-long service program that combines daily livestock chores and fall livestock health checks with educational activities. 18 years and older.

ALTERNATIVE SPRING BREAK

Commit to serving others through interactive learning, community building and work projects in this five-day program. Sixth grade and older.

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 problemsolving skills by using globally themed challenges to learn about world hunger and environmental issues. Sixth grade and older; halfday to full-day program.

GLOBAL EXPLORERS

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

GLOBAL CHALLENGE

Participants 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 and development skills such as teamwork, problem-solving, communication and leadership.

ADULT SERVICE JOURNEYS

Learn the value of serving others through interactive learning and work projects. Age 18 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. Age 18 and older.

CONFERENCE CENTER

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

OVERLOOK FARM

HARVEST FESTIVAL

September 29-30—Features children's activities and a horse-drawn hayride to "pick-your-own" pumpkins.

HARVEST THYME PROGRAM

October 7-12—A week-long program that combines hunger education with service activities and farm chores.

GLOBAL GATEWAY

May-October—Spend a day and night in Overlook Farm's Global Village. Sixth grade and older.

FIELD TRIPS

Groups learn more about Heifer's work and Overlook Farm with a video, guided tour and hayride. All ages welcome.

H.O.P.E.

Groups 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; Halfand full-day programs.

MULTI-DAY PROGRAMS

Service learning programs where groups enjoy daily livestock chores, service projects and experiential education exploring hunger and poverty issues. Sixth grade to adult; two- to five-night programs.

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

October 16-19—Heifer Foundation Conference at the Heifer Ranch, Perryville, Ark. Learn how planned charitable giving can help you, your loved ones and a world in need. Led by Foundation President and CEO Janet Ginn. Open to the public. For more information, visit www.heiferfoundation.org or call (888) 422-1161.

INFORMATION

CERES CENTER

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

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

OVERLOOK FARM

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

HOWELL NATURE CENTER HEIFER GLOBAL VILLAGE

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

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

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HEIFER CALENDAR



HEIFER UNIVERSITY PROGRAMS

September 27-30, 2007 BASIC COURSE

AT HEIFER RANCH*

October 18-21, 2007
BASIC COURSE AT THE NEW
WINDSOR CONF. CENTER,
NEW WINDSOR, MD.*

November 1-4, 2007 HEIFER U 201 AT HEIFER RANCH**

February 7-10, 2008 HEIFER U 201 AT HEIFER RANCH**

Heifer U Program Cost: \$225/person

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

Mark Your Calendars Now!

September 21—International Day of Peace

Established by the United Nations in 1981, this day is devoted to commemorating and strengthening peace both within and among all nations and peoples.

October 16-World Food Day

This worldwide event aims to increase awareness, understanding and informed, year-around action to alleviate hunger.

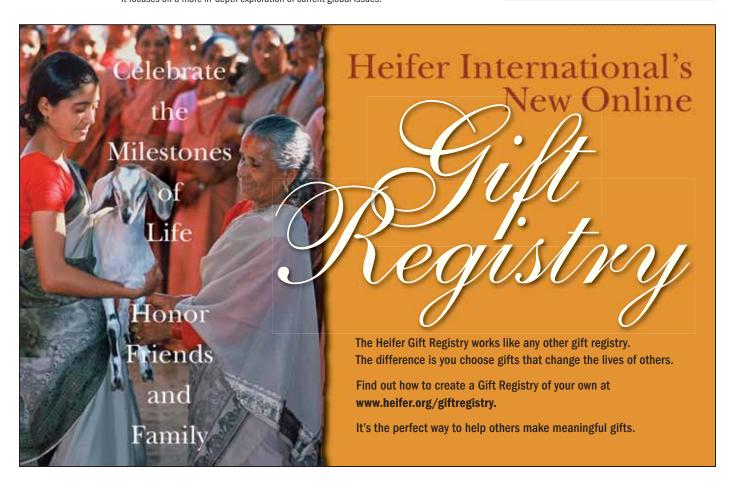
For more information on the programs above, contact Rex Enoch at rex.enoch@heifer.org or call (501) 907-2855.

The Heifer Ranch is located near Perryville, Ark.

* Basic Course-Heifer Overview

** This is a "post-graduate" program designed for individuals already familiar with Heifer's work.

It focuses on a more in-depth exploration of current global issues.



The More Genes, the Merrier

Climate change could threaten the world's crops but not just because of flooding or a change in growing seasons. A new study released by the Consultative Group on International Agricultural



climate change will cause the extinction of many wild varieties of domestic crops, making domestic crops vulnerable to disease. drought and pests. Wild varieties of plants like peas and potatoes contain genes that are critical to maintaining the health and hardiness of their domestic relatives. One solu-

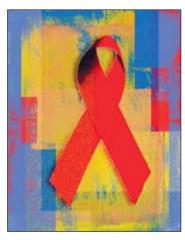
tion? Begin saving and cultivating the wild species most likely to disappear with climate change, scientists say.

SOURCE: WWW.TERRADAILY.COM



Cheaper by the Gallon?

The price of food is often an indication of the availability of water. For example, in remote, arid places, it's cheaper to import corn than it is to irrigate the land to grow it. As AlertNet's Tim Large points out, it takes about eight gallons to make a cup of tea, if you count the water needed to grow the tea leaves. So the issue of food security is just as much an issue of water security, and helping farmers to secure water rights will help secure the production of local food. For more information, read Tim Large's "Hungry for Water" at www.alertnet.org.



Spread of HIV Linked to Status of Women

A new report focusing on HIV in South Africa—where infection rates are the world's highestsays gender inequity is fueling transmission of the virus. In Botswana and Swaziland, where women make up as much as 75 percent of those infected with the disease, attitudes toward women and their position in society have made them vulnerable to becoming infected with HIV, says the group Physicians for Human Rights. For example, the report says few economic opportunities for women leads to prostitution; also, women have a lack of control over sexual decision-making, including using condoms. Efforts to fight the epidemic, the group says, should also work to empower women and reform gender roles.

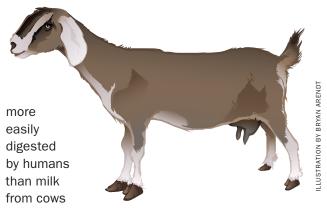
SOURCE: IRIN (INTEGRATED REGIONAL INFORMATION NETWORKS), U.N. OFFICE FOR THE COORDINATION OF **HUMANITARIAN AFFAIRS:** WWW.IRINNEWS.ORG

The Glory of Goats

Famously dubbed "the poor man's cow" by Ghandi, the humble goat is often muchmaligned, represented in cartoons and stories as an unscrupulous scavenger, feeding on tin cans and other refuse. In fact, the very attributes that give goats this reputation make them hardy, scrappy, resourceful animals and dependable producers of milk that live all over the world.

Unlike cows, who are a type of feeder known as "grazers," happiest when cutting a wide swatch through a grassy field, goats are "browsers," meaning they prefer to nibble on brush and trees. Like cows, their compartmentalized stomachs allow them to digest roughage, often the rougher the better. Goats love tree bark, and they don't actually eat garbage! This allows them to live in a variety of environments with available greenery, even feeding on plants that are toxic to cows and sheep. And because goats are much smaller than cows-about the size of very large dogs—they can be kept in places with far less room, at far less expense.

The milk and cheese that goats produce is



because it is lower in lactose. Goat's milk also provides protein and nutrients and can be sold for commercial consumption. Goat meat is lean and low in cholesterol, and is also a valuable source of protein and nutrients. Some goats, like Angoras and Cashmeres, are also bred for their wool, a renewable resource that can be shorn or combed out, and sold for higher prices than sheep's wool.

Goats can breed in any season (except in cold climates, when the breeding season is during the warm months). This makes them a valuable, continual source of food and income. All in all, you're getting a great deal when you get your goat!

It's a Bird! It's a Plane! It's a...Rat?

No more creeping around in the subway or the dump. The lowly rat is doing some very respectable work these days. A group in Tanzania has developed a way of training rats to search for underground land mines. One-third of the world's countries are plagued by land mines, a weapon that maims and kills 15,000 to 20,000 people annually, and prevents farming and development. The rat effort capitalizes on the rat's superior sense of smell and willingness to perform methodical, repetitious tasks. Unlike dogs, rats are too light to trigger land mines, and they are quick—one trained rat, says the group, can clear 100 square meters in 30 minutes. To learn more, go to www.herorat.org.



Trained rats are proving to be useful in sniffing out land mines.

REFLECTION | UNCONDITIONAL LOVE



Sugar's Legacy

By Elizabeth **Mayang Elango** Heifer West Africa

Program Officer

completely underestimated my ability to love an animal until Sugar came into our lives. Sugar was the big, brown dog that my boyfriend Jason and I adopted. She had wandered into Jason's yard one afternoon in the summer after we started dating and made herself perfectly at home. And even though we posted signs all over the neighborhood to find her owner, no one claimed her.

So we claimed her, kept her and loved her. We had no choice in the matter, it seemed. Not only did Sugar command love and affection—she demanded it. That was her trademark. She would use her big, solid German Shepherd tail to whip attention out of unsuspecting visitors, as she did with us. It was her way of saying, "Hey, I'm here. Acknowledge me. Love me."

So much has been written about the human-animal bond. There are, without doubt, great mutual benefits in these relationships. In almost seven years of working at Heifer, I have seen it repeatedly in many communities around the world. It's one of the aspects of our work that is not heralded enough. I've seen farmers hug their animals tighter than a long-lost relative, and families give up the best, safest room in the house to their animals. But I could not fully understand that love until I experienced it.

We did not realize then what a short time Sugar would be with us. In autumn three years later, we noticed a limp in her walk. The vet did not find anything at first, but when she lost the use of her forelimb not long afterward, we found out it was cancer. Within months the disease metastasized, devouring one leg and forming a large lump on her side. We quickly made the difficult decision that we would not let her suffer, and as fall turned into winter, we got her out

of her shed in the back and let her in the house.

For months after, we reveled in her love and attention, as she did in ours. Sugar would suddenly place her head in my lap as I watched TV and look up at me with pleading eyes that said, "Pet me. Love me." And I would gladly oblige.

Like many dogs, she was not the kind to fade quietly into the background. Rather, she'd press her cold nose against my leg as I cooked dinner, and against my best judgment, I'd feed her scraps of meat from the cutting board. Sugar's life, we soon learned, was a lesson in loving what you have while you have it. It was a reminder to appreciate those in your life, to acknowledge them, to be present when they need your attention.

On the evening that Jason took Sugar away to be put down, I stood at the door quivering with grief. I refused to go along, knowing I was not strong enough to handle the pain. I heard and read of the human-animal bond, but to experience it firsthand was a different thing altogether. In Cameroon, where I grew up, dogs are mostly used for security, seldom as pets. We were only allowed to show them affection to the extent that it did not compromise their ability to be guards.

Big drops of tears raced down my face as I watched him drive her away. Sugar, on the other hand, was just excited to be going for a ride, oblivious to where the road ended. Her tongue hung out as she panted in excitement, and however weakly, she was still wagging that tail.

There was great emptiness in our lives after Sugar left us, but Jason and I were grateful that she did not suffer too much. We were thankful for the lessons she taught us about appreciating others, honored that in the final years of her life when she needed someone to love and care for her, from among so many she had chosen us.





Dr.Hauschka trial kits are available for purchase on pg. 39 of the World Ark Market.

At Dr.Hauschka Skin Care we're proud to be celebrating 40 years of devotion to human health, social well-being and ecological sustainability. In those years, Dr.Hauschka manufacturer WALA Heilmittel has partnered with local communities around the world to establish fair-trade Biodynamic and organic cooperatives, promoting sustainable agriculture and economic self-reliance. We recognize a kindred spirit and shared mission in the work Heifer International has been doing for the last 60 years. That's why we're donating 25% of the sale of our trial kits to Heifer*. It's our small way of passing on the gift. To learn more, visit: www.heifer.org/drhauschka and www.drhauschka.com.



*maximum donation of \$100,000



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