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WorldArk

THE MAGAZINE OF HEIFER INTERNATIONAL © HOLIDAY 2009

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Dear Friends,

“TELL ME, AND I WILL FORGET. Show me, and I may remember. Involve me, and I will understand.” This age-old wisdom is in line with Heifer International’s approach to ending hunger and poverty: We involve individuals so that they might reach a deeper understanding and arrive at life-transforming solutions.

We practice this philosophy in the field and at home. For example, Heifer Village, which opened this summer, is a center for learning that educates the public about how to make the world a better place. We emphasize that knowledge only holds the keys to a better future—it does not open the doors. It is what individuals do with that knowledge that can change lives.

In the same way, Heifer’s partners around the world embrace the gift of an animal and training in its care but realize it is only the beginning of something greater. As they take their gift further, they create a future in which hunger is eradicated, children can go to school and health is improved.

We emphasize that knowledge only holds the keys to a better future—it does not open the doors.

As I look back over the year, the story of Monica Mulongoti stands out as an example of a woman who understood the hope one goat could provide. Monica lost her sight at a young age and lived at a center for the blind, where she, her husband, Jackson, who is also blind, and their children lived in constant hunger and poverty. Out of desperation, Monica was driven to beg for money and food. But Monica and other families from the center joined together to ask a nearby farmer for a gift of livestock, pledging to use the gift wisely.



Jo Luck welcomes visitors to Heifer Village, a center for learning about the root causes of hunger and poverty.

The farmer listened to them and began to weep. “I could not ignore the community for the blind and their situation one kilometer from my home,” she said, and soon afterward contacted Heifer International’s office in Zambia.

Heifer began a dairy-goat project with Monica and the other families. Monica received six goats in 2001. In 2003, her family passed on six goats—and by 2008 those goats produced 40 offspring. Today, Monica’s family

runs a farm of goats, cows, chickens and crops such as maize and tomatoes. Monica and her family now eat three meals a day, and she and her husband enjoy a stronger relationship. “There is real happiness between us,” Jackson said.

Monica also has one of the greatest gifts of all: dignity. “I feel like, ‘Yes, I exist.’”

In 2005, Monica approached then Zambian President Levy Mwanawasa and challenged him to be more like Heifer because, as she said, “They give animals that help us get food for our children.” He told her to prove it, and this once-impoorished villager sent the President of Zambia a goat and a bag of winter maize. How did the president respond? He gave her a water pump so she could water her animals more efficiently.

During this holiday season and as we move into 2010, I encourage you to hold the story of Monica close to your heart, as will I. It is a shining reminder that the gift of hope is for all—and that it is given out of generous hearts, wise understanding and meaningful actions.

—Jo Luck
President and CEO



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After fighting ended in 1999, newly widowed women and fatherless children returned to burned-out villages to begin rebuilding their lives. Today, their story is more hopeful, thanks in part to Heifer International.



PHOTO BY HEATHER MCCLINTOCK

47 Women: The Untapped Resource

By Nicholas Kristof and Sheryl WuDunn

Read an excerpt from *Half the Sky: Turning Oppression into Opportunity for Women Worldwide*.

COVER: Christine Aanyu of Uganda works for a better future for daughter Mary Ikiring. Cover and top photo by Geoff Oliver Bugbee.

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KUDOS FOR FALL 2009

Thank you for your gift of communication through writing! Although the whole Fall 2009 issue is inspiring, two articles really grabbed my attention: the interview of Dan Pallotta by Donna Stokes and “After the Fall,” by Jaman Matthews. I’m not eager to give this issue away ... loan it, OK, but I want to reread parts in order to learn several principles of living/giving. A third piece of special interest is the naming of Miller Davis as “Dan West Fellow.” Dan West was one of my instructors when I was a Brethren Volunteer Service worker 58 years ago, and Miller Davis is the president of the board of directors of the Palms Estates where I live. I commend you on your choice!

EMILY MUMMA
Lorida, Fla.

I am very moved by what I have read in the [Fall 2009] magazine about the many ways the purpose of this organization plays out around the world.

The first letter, “An Exceptional Gift” on Page 4—so special from this boy. “Safe and Solar” on Page 9—so-o-o great to protect these women and children! Yes, I did read that it was a

Jewish organization providing the solar stoves, but you put the news in *World Ark*. The article “Pedal Pushers”—so thankful for the Gates Foundation’s help for you!

A parting kudo for the article on the folks in Bolivia—beautiful pictures, scenery and happy people, amazing woven fabric, happy boy with his Heifer llama.

ELEANOR GAMARSH
Gardner, Mass.

Thanks for the Fall 2009 issue, with the great articles about Bolivia and Indonesia. It’s good as always to get details about the work Heifer is doing with partners in the recipient countries.

One question: in the education that’s done with recipients, is there ever information and encouragement about family planning? Reading about the Bolivian family with 11 children made me sad, since overpopulation is a major contributor to poverty and environmental degradation. I know that educating girls helps counter this problem, and that Heifer’s efforts help get schooling for girls—but do you do anything more direct relating to this problem?

JULIE SPICKLER
Menlo Park, Calif.

Editor’s Note: Although Heifer International does not have specific family planning programs, we are part of the solution in two ways. First, many of the participant groups, especially women’s groups, feel a real sense of accomplishment and empowerment after they have successfully carried out the first phases of their Heifer International project. One of the first results from project participation is that parents spend additional income for education for their children. Education, especially of girls, has been shown to directly affect birth rates.

Perhaps more important is the result of Heifer’s helping hungry people feed themselves.

Study after study as far back as the 1950s concluded that poverty contributes to overpopulation (and not the other way around). As long as children are seen as social security for old age or emergencies, or as a source of labor for a family that is struggling day to day, having as many children as possible is seen as an economic benefit. But when the standard of living of a society improves, the population rate begins to level off.

By helping farm families become self-reliant and have security (for old age or emergencies) in their livestock, Heifer is helping families to determine that they have a choice in family size. As poverty declines, so will the birth rate. In this way, Heifer is an important player in the struggle to bring population rates down.

KNIT-PICKING

In the Fall 2009 issue of *World Ark* the article in Heifer Spirit may have been about the world’s longest knitted scarf, but the picture was of a crochet hook and crocheted yarn. Someone wasn’t paying attention!

K. PORTER
Fort Wayne, Ind.

Great article. Too bad for Linda Cortright and all the knitters that participated in the project that the photo was of a crochet hook and a crocheted swatch rather than a pair of knitting needles and a knitted swatch. I can assure you that knitters and crocheters are distinctly different!

STEFFANIE WADDINGTON
Michigan City, Miss.

Editor’s note: The article about “the world’s longest scarf” failed to mention that crocheted scarf lengths are welcome, along with knitted ones.

MIXED REVIEWS ON PALLOTTA

Your interview with Dan Pallotta was very disappointing. Of course it is not in his interest for prospective

donors to question the percentage of donations that are siphoned off to pay for the fundraising events he manages. I notice that, while you give a figure for the millions Pallotta has helped raise for charity, you do not give a corresponding figure for the millions he has earned through this work. It is totally disingenuous to argue that asking about net charitable contributions gets in the way of asking equally pertinent questions about the mission of charities hosting fundraising events.

A prospective donor should ask and, ideally, be informed in advance about BOTH. It is absurd (if not insulting) to suggest that an interest in the management of donations precludes an interest in a charity's essential mission. It is equally absurd to suggest that setting a timeline for the solution to a targeted problem will, on its own, expedite the solution to that problem. This is just glib PR. How many times has that been done with cancer? Nixon promised a cure by 2000.

ELLEN LEOPOLD
Cambridge, Mass.

I love the *World Ark* and always read it cover to cover. It gives us another view of the world. Thanks.

Your article "Letting Non-profits Loose," an interview with Dan Pallotta, is right on. Thanks for having the guts to print it. I have been a builder and developer for

We want to hear from you! Please send your comments to worldark@list.heifer.org. Include your name, city and a telephone number or e-mail address. Letters may be edited for length and clarity, and may be published online as well as in print. Because of the volume of mail we receive, we cannot respond to all letters.

over 30 years. Almost six years ago I put my business on the shelf and began a time with Habitat for Humanity as a local executive director of the program in my home area of Elkhart County, Ind. To make a long story short, your interview is right on: Figure out what success looks like and move forward with faith and a vision.

RICHARD MILLER
Goshen, Ind.

LOOKING FOR THE BOOKS

I am interested in buying the books featured in *World Ark*. Where can I find them?

CYNTHIA FAUSNIGHT
St. Marys, Kan.

Editor's note: The books are available for purchase online from mainstream booksellers. You may also be able to order them from your local bookseller or find them at your local library.

Q&A HOLIDAY

Who is Your Heifer Hero?

It's time to nominate the person or group you think goes the extra mile to help end hunger and poverty. Nominations will be posted online at www.heifer.org/worldark/heroes. Please limit your nominations to 250 words or fewer.

E-mail your nominations to worldark@list.heifer.org. We reserve the right to edit responses for length, clarity or grammar.



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Since 1944, Heifer has helped 10.5 million families in more than 125 countries move toward greater self-reliance through the gift of livestock and training in environmentally sound agriculture.

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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Fuel for Thought

For many of us, charcoal is used to grill a burger, and a wood fire adds ambiance on a winter evening. But in much of the world, charcoal, wood and other biomass fuels, like dried cow dung and crop residue, are used for everyday cooking and heating. Far from romantic, these fuel sources can contribute to terrible indoor air quality, deforestation and even global warming.

1.5 MILLION

The number of annual deaths attributable to indoor air pollution from open fires or traditional solid-fuel stoves used for cooking and heating.

WOMEN AND CHILDREN

Those who spend more time indoors are exposed to higher levels of indoor pollution and suffer higher death rates—as high as 800,000 deaths a year among children and more than 500,000 among women.

ASIA AND AFRICA

Southeast Asia and sub-Saharan Africa suffer the most deaths each year from indoor air pollution, with 483,000 and 396,000 deaths, respectively.

500,000 A DAY

According to a 2002 World Health Organization report, to meet the goal of halving the number of people relying on solid fuels by 2015, almost 500,000 people would need to gain access to modern energy services every day.

\$6

Amount needed to install an improved, ventilated stove.

38 MILLION

Tons of firewood a project in Bangladesh predicts it will save by replacing traditional wood-burning stoves with improved gas stoves.

BLACK CARBON

We all know that carbon dioxide is the largest contributor to global warming, but most of us are not familiar with the second-leading contributor: black carbon. That's because crude wood-burning cookstoves usually found in poor and developing countries are one of the main sources of black carbon. A recent story in *The New York Times* reported that black carbon may be responsible for 18 percent of global warming. Luckily, the solutions are simple and affordable: improved, low-soot cookstoves and cleaner-burning fuels.

CHARCOAL

Smoky stoves are not only a threat to rural health. Many urban households around the world use charcoal for everyday cooking.

2.5 MILLION TREES

In the East African region of Somaliland, more than 2.5 million trees are converted to charcoal each year, according to a 2007 report. That means the average household there consumes 10 trees a month.

80 PERCENT

of the population of Mozambique relies on charcoal as its main fuel source, according to government estimates.

COW DUNG

In India, cattle excrete more than 700 million tons of manure each year, half of which is collected, dried and burned to provide heat for cooking.



© ANKE VAN LENTEREN



© MOUNIR ON A BREAK

Swimming in It

ON AVERAGE, each person on Earth uses 328,366 gallons of fresh-water each year for drinking, cooking, cleaning and flushing waste down the toilet. But some of us use more than our share.

The average American uses almost twice the global average—655,939 per person, enough to fill an entire Olympic-sized pool. Compare that to other industrialized countries, like Japan, where the average person uses 304,590 gallons of water a year. The difference is even more pronounced when you look at developing countries. The average Indian uses only 258,889 gallons. Even desert countries like Yemen and Egypt use less water per capita, 163,522 gallons and 289,797 gallons respectively. To learn more about water use and how to cut back, visit www.waterfootprint.org.

Tick, Tick, Tick

Every single minute of every day, America loses two acres of farmland.



PHOTO BY DARCY KIEFEL

Child Mortality Rate Falls

One of the U.N.'s Millennium Development Goals is to "reduce by two-thirds, between 1990 and 2015, the under-5 mortality rate." Between 1990 and 2007, the under-5 death rate was reduced by 27 percent, from 12.5 million to 9 million. According to the World Health Organization, the success is due to the use of treated mosquito nets to prevent malaria, oral rehydration therapy for diarrhea, increased access to vaccines and improved water and sanitation. It's a good start, but it's not the 67 percent reduction the U.N. is shooting for. Can the goal be reached by 2015?

Jargon

BALKANIZATION *n*: the breakup, especially of a region or country, into smaller and often hostile units; from the political fragmenting of the Balkan Peninsula following World War I.



Weatherizing, the Woolly Way

The fiberglass insulation that lines most of our attics takes lots of energy to produce, and working with the itchy stuff is tough on both the skin and lungs. People looking for a warmer, fuzzier option are turning to wool. Proponents of this eco-friendly, renewable resource say it works as well or better than man-made materials, and it's naturally flame-retardant. Wool can absorb a good amount of moisture, helping to keep condensation in check. The drawback is the price. Wool insulation costs roughly three times as much as fiberglass.

Of course, the idea to use wool to keep homes warm is nothing new. Mongolian nomads have been using felted and woven wool to keep their yurts warm for centuries.

Builders and renovators are also beginning to turn to other natural fibers for insulating. The exterior walls of Heifer International's Little Rock headquarters are lined with shredded recycled denim.

Passive- Progressive

Forget activism—passivism is the newest trend in conserving energy and preserving the environment. The so-called passive house, developed in Germany, uses extra-thick insulation and an airtight shell to prevent heat loss. The houses make heating systems virtually obsolete—they are warmed almost entirely by the energy from appliances and human occupants, and ventilated by a system that warms incoming air with outgoing air. Best of all, they cost only about 5 percent more to build than regular houses. To learn more, visit the website of the Passivhaus Institut at www.passiv.de.



The Holiday Project

Each year, more than 3 million people spend the holidays in hospitals, nursing homes and other institutions. This statistic comes from The Holiday Project, a California-based nonprofit that offers a solution by matching volunteers with people needing some good company. Founded in 1980, the organization offers volunteer opportunities in 31 states. Even if you don't live in one of those states, you can still find pointers on how to organize your own holiday visit to a hospital or nursing home at www.holiday-project.org.



Everyone's Markets

Eating locally grown foods takes some extra work, since many chain grocery stores don't stock their produce sections with fruits and vegetables grown nearby. Local foods are often off the table altogether for people who rely on government assistance to pay for their groceries, and therefore must shop in places that accept the government-issued electronic benefit transfer cards that replaced paper food stamps a few years ago. That leaves out farmers markets, which usually operate outdoors and without high-tech checkout lanes.

That's changing, though, as nonprofits and state and federal governments team up to make fresh, local foods available to everyone. *The New York Times* reports that a number of farmers markets are now equipped with the electronic terminals that accept payment via the food stamp card. Advocates are pushing for more farmers markets to gear up so that low-income families can buy nutritious food while they support local farmers.

Green Thumb

It's easy to feel disconnected from nature during the long and dreary winter months, especially in colder climates where snow keeps the ground covered for weeks or months on end. According to the University of Nebraska-Extension, keeping a happy collection of houseplants is an easy way to remind yourself that the world will turn green again. Even though they live indoors, houseplants need special attention during the winter months. Here are a few tips for keeping your plants healthy this season.

- Houseplants like to stay relatively warm, so keep them in a spot that stays between 65 and 75 degrees during the day and doesn't drop much below 60 at night. Make sure leaves don't touch cold windows or hot radiators.
- Houseplants like humidity, which is hard to come by in the winter. Try using a humidifier, and place plant pots on trays or saucers filled with gravel and water to provide moisture without soaking the bottoms.
- Water plants less frequently than you would in spring and summer.
- Dust and grease that accumulate on plant leaves can inhibit growth. Try cleaning your plants and watering them at the same time by putting them in the shower.

Harvest: Sweet Potatoes

When most fruits and vegetables have long been picked and devoured, the sweet potato is just coming into season. November and December are prime time for this naturally sweet, vitamin-packed root vegetable.

Sweet potatoes are native to Central America, and Christopher Columbus introduced them to Europe after his first voyage to the New World in 1492. The orange-fleshed sweet potato came to the United States in the mid-20th century. People often call the orange version "yams" to differentiate them from white-fleshed sweet potatoes, although a true yam is actually a completely different vegetable not commonly grown in the U.S.



Did you know the sweet potato isn't really a potato at all? Potatoes are tubers, which are parts of plants that are enlarged to store nutrients; sweet potatoes are simply edible roots.

AUNT DAN'S SWEETIES

3 cups sweet potatoes, peeled,
cooked and mashed
1 cup sugar
2 eggs
1 tsp. vanilla extract
1/3 cup milk
1/2 cup butter or margarine, softened
1 cup firmly packed brown sugar
1/3 cup all-purpose flour
1/3 cup butter or margarine, melted
1 cup finely chopped pecans

Directions:

Combine sweet potatoes, sugar, eggs, vanilla, milk, and butter. Beat with electric mixer until smooth. Spoon into a greased 2-quart shallow casserole dish. Combine brown sugar, flour, melted butter and pecans; sprinkle evenly over top of casserole. Bake at 350 degrees until the top browns, about 30-45 minutes.

TOMS Shoes Founder an Accidental Philanthropist



Social entrepreneur Blake Mycoskie never suspected his simple plan to make shoes for Argentine children using the proceeds from shoe sales in the United States would catch on. But once word of his “one for one” idea spread, thousands lined up to buy a pair of his simple slip-ons. Mycoskie has sold more than 150,000 pairs since founding TOMS Shoes in 2006, which means more than 150,000 children are free from the social stigma and risk of disease that come with going barefoot. TOMS plans to give 300,000 pairs of shoes to children in need by the end of 2009. “I think TOMS is showing that business and charity, business and public service, don’t have to be mutually exclusive,” he said.

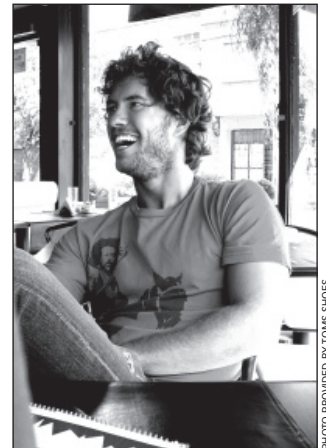


PHOTO PROVIDED BY TOMS SHOES

Interview by Austin Bailey, *World Ark* senior editor

WorldArk: Before you started TOMS, did you have experience in the shoe industry?

BLAKE MYCOSKIE: I had absolutely no experience whatsoever in fashion or shoes. I think sometimes when you don’t have experience you don’t know the rules, you don’t know which ones you’re breaking and you end up creating true innovation.

WorldArk: Why is it TOMS shoes and not Blake’s shoes?

BLAKE MYCOSKIE: When I started out, it was just a project: the Shoes for Tomorrow project, because we’d sell a pair of shoes today and give a pair away tomorrow. We were going to call them Tomorrow’s shoes, but that wouldn’t fit on the tag, so I shortened it to TOMS Shoes. I didn’t anticipate that everyone was going to want to

know who Tom is. Really, we’re all Tom. Tom is anyone who buys a pair of our shoes, anyone looking for a better tomorrow.

WorldArk: How did you come up with the design?

BLAKE MYCOSKIE: I was actually in Argentina learning how to play polo of all things, the least noble cause in the world for me to get to Argentina, which goes to show you never know what’s going to happen in your life. The polo players would slip on these shoes called Alpargatas after they removed their boots. Alpargatas are a traditional Argentine shoe worn by everyone for hundreds of years. I thought they were really cool and comfortable. So we took that, and it was the basis for the design of the shoe.

WorldArk: Does TOMS have a focus on sustainability?

BLAKE MYCOSKIE: We are really focusing on the materials we use. One of our collections is 65 percent post-consumer plastic bottles, 35 percent hemp. It’s more sustainable than using organic cotton. It’s just good business now to find ways to make your production and manufacturing process more sustainable.

WorldArk: How does the production of your shoes contribute to economic development?

BLAKE MYCOSKIE: We started in Argentina making shoes in a barn, but we ran into complications with the Argentine government, plus demand rose, so we had to move some of our production to China. We found that China was a

great place to make shoes. Contrary to all the negative press, there are a lot of amazing factories in China with great labor standards. Then we started giving shoes in Ethiopia and wanted to make shoes there to create jobs and give shoes that were a better match for the Ethiopian environment. Our production in Ethiopia is going very well, and I actually think that could be the future of our business.

WorldArk: *How do you choose the countries and children who get shoes?*

BLAKE MYCOSKIE: We initially said yes to everybody, which was chaotic and made lots of my staff go crazy. Now we focus on three criteria: One, does it help a child go to school? In some places, if you don't have shoes you can't go to school. Two, does it prevent a specific disease? That's what took me to Ethiopia. There is a very horrible disease called Podoconiosis (Podo) in southern Ethiopia. Podo is caused by a silica that goes through the pores to destroy the lymphatic system. It's incredibly debilitating and it ostracizes people from their community. What is amazing is, it is completely preventable with shoes! Lastly, does it promote general hygiene? In areas where children walk on unpaved roads, there is a higher risk of cuts and scrapes that can eventually lead to disease and infection without the proper footwear.

WorldArk: *At what point did you realize you wanted to serve your community?*

BLAKE MYCOSKIE: I always saw great entrepreneurs spending their lives building profitable, successful businesses, then getting to a certain age and spending the rest of their lives giving back to society and doing philanthropy. I remember thinking that I would probably be a very successful entrepreneur, then at some

point I would stop being an entrepreneur and become a full-time philanthropist. I always thought it was work, work, work, give, give, give, give. It wasn't until I created TOMS that I realized I could do both at the same time.

WorldArk: *How does the giving aspect of the business affect your financial statement?*

BLAKE MYCOSKIE: The model, from a financial perspective, definitely affects our margins greatly. We're never going to be a shoe company with margins like Nike or Asics. But when your customers become your marketers, you're not having to spend the millions of dollars on marketing that other companies are. It's an example of how giving not only makes you feel good, it's a good business strategy.



To learn more about TOMS visit www.tomsshoes.com.

A photograph of a herd of Ankole cattle in a lush green field. The cattle have long, spiraling, light-colored horns. The foreground features a brown cow with large, curved horns, looking towards the camera. Other cows, including one with black and white markings, are visible in the background. The word "AFTER" is overlaid in large, white, outlined capital letters in the upper right portion of the image.

AFTER

Ankole (an-KOHL-ee) cattle, the long-horned, local breed, are renowned for their meat but produce much less milk than Holsteins. Heifer is helping project participants crossbreed their animals to boost production.

THE ANIMALS

Heifer projects promote literacy, trade

*William Tugume
unloads milk
for inspection
at the Kiboga
West Livestock
Cooperative
chilling plant.*

KAMPALA, UGANDA—Heifer animals first came to Uganda 27 years ago, and success stories of farmers here pulling themselves from subsistence to abundance are easy to come by. In fact, Uganda sets the stage for the most famous Heifer success story of all. This is the homeland of Beatrice Biira, the girl from a village called Kisinga who earned enough money for school by selling milk from her goat, then went on to graduate from college in the United States. Heifer still gives goats, bees, pigs and cows in this country working hard to right itself after decades of deadly civil wars that decimated crops and livestock and chased people from their homes.

But once bellies are full and school fees are paid, once families have a bit of savings to fall back on, they begin to look ahead to see how life can be even better. Armed with newfound confidence and even a sliver of security, mothers embarrassed when they can't understand their children's textbooks decide it's time to learn to read and write. Families who sell their milk cup-by-cup to neighbors realize they can make more money more quickly by teaming up with other farmers to sell milk in bulk. Heifer International is moving beyond cows, goats and chickens to help these people achieve more. This is the story about what comes after the animals.

By Austin Bailey, *World Ark* senior editor

Photographs by Geoff Oliver Bugbee





MORE MILK, BETTER PRICES

It was only 11 a.m., but 18-year-old James Ankare was bone tired. He woke up at 5 to milk his cow, then set out to collect more milk from his neighbors. An hour later he was pushing the bike, its seat and baskets piled with 24 gallons of milk sloshing in yellow jerry cans, over the rutted dirt roads leading to the new chilling plant of the Kiboga West Livestock Cooperative.

"I must leave by 6 to get here in time," he said through a translator. The 18-mile trek over hills and through the grassy pastures of the rural Kiboga region in central Uganda takes five hours, and Ankare does it every single day.

A cement building housing a gleaming, pot-bellied cooler the size of a hippopotamus, the chilling plant was the most popular spot in Kyankwanzi village when Ankare wheeled up. A pack of children, barefoot and dusty, laughed and chased each other in the street out front. A dozen men, each hoisting their own jerry cans and repurposed motor oil bottles full of milk, waited their turn in line. Like Ankare, these farmers are members of the cooperative and bring their milk every day so it can be chilled and sold in bulk to a processor who will pasteurize and package it for sale.

When Ankare got to the head of the line, the plant manager poured samples from each of the cans and dropped them in test tubes. Ankare's milk had always been fine in the past, but on this day two containers of a neighbor's milk

were rejected, most likely because the jerry cans weren't cleaned well enough from the day before.

So Ankare loaded the spoiled milk back on his bicycle in preparation for the long trip home. As pay for the job of toting his neighbors' milk to the plant each day, Ankare keeps the milk money earned on Saturdays and Sundays. Lucky for him, he delivered the spoiled milk on a Tuesday, so his pay wouldn't be short.

The Kiboga chilling plant opened in March, part of the East Africa Dairy Development project funded by The Bill & Melinda Gates Foundation and organized by a conglomeration of nonprofits including Heifer International. The goal of these cooperatives is to help farmers boost production and find a ready market for their milk.

The plant was bustling in May even though the co-op had signed on only 496 members, roughly half the membership goal. Members were enthusiastic despite the lower-than-expected prices they were earning from the processor. The hope is that as more farmers join and the co-op can offer a greater quantity of milk, processors will begin to compete for their product by offering them more money per gallon.

"If we fill this one up, I'll get another one," plant manager

Children watch as members bring their milk to the cooperative. The milk will be tested, chilled and sold in bulk to processors.

Isaac Ibanda Kyemba said of the cooler. Kyemba was confident the quality of the milk was high, since he checked every batch for spoilage and ran it through a double cheesecloth sieve before adding it into the cooler. He was fastidious about taking steps to keep the milk fresh, and even more fastidious about keeping the cooling plant clean. “We wash and wash and wash,” he said.

Nora Kanyana, headmistress of the local primary school and chairperson of the Kiboga West co-op board, often supervises those cleanings. Her goal with both of her jobs is to end the suffering brought on by poverty, and she attacks each role with patience, knowing the rewards may not come for many years. Kanyana took on the school after its founder, her brother, died while the mud walls of the first school building were going up. The school grew under her

James Ankare
pours a jerry can of
fresh milk through
a cheesecloth sieve
at the cooperative's
chilling plant.

leadership and now serves 320 local students who crowd the benches every school day. The students do their best to concentrate on their lessons even when cow dung is spread on the dirt floors to keep the dust down, and rain pours in through the rusted holes in the metal roof.

Like any good headmistress, Kanyana commands hard work and good manners from her students, who snap to attention when she steps into their classroom or passes them on the street. She earns the same respect from co-op board members for her ideas to boost productivity among member farmers and make their milk more marketable. Kanyana is pushing for a well to be dug behind the co-op building so members can have fresh water for cleaning the cooling plant and won't have to pay a truck to haul the water in once a week. She ordered metal milk cans to distribute to co-op farmers. The metal cans will be easier to clean and will keep the milk fresh longer than the plastic ones, she explained. And she's working on a plan to open satellite milk collection locations, so farmers like Ankare won't have to travel so far each day.

Members were already taking advantage of an artificial insemination program aimed at improving milk production. Ankole [an-KOHL-ee] cattle, the long-horned local breed, are renowned for delicious meat, but they produce only about half as much milk as Holsteins. Farmers here are trying to marry the Ankole's immunities to local diseases and fitness to the Ugandan environment to the productivity of Western breeds.





Kanyana said perks like these would entice more people to join the co-op, even though some are leery after earlier promises of help from other groups turned out to be failures or shams. “It is very difficult for us to convince some farmers because of some of the people who came before us and embezzled the farmers’ money,” she said.

TOO MUCH WORK

In Uganda, you can tell the wealth of a household by looking at the roof. Shiny corrugated metal is proof of prosperity; dull or rusty metal hints at better times gone by. Weathered metal scraps patched together mark industry driven by necessity. Grass, the traditional topping to the wattle-and-daub homes most rural Ugandans live in, can be gotten for free. Collecting it and hauling it home is an itchy job, and the grass has to be replaced every two years or so. But often, the price makes grass the only choice.

Twenty-year-old Benjamin Tukei lives in a round, grass-thatched hut in Abokakwap village in the Bukedea region, in a family compound shared by a dozen people. As the oldest of eight children, he gets a hut to himself. This is where he sleeps when he’s home from school, which is far more often than he’d like. He studies at a boarding school in Mbale where he’s in “Senior Four,” roughly the equivalent of 10th grade. Tukei is a strong student, but he has to drop out often when his parents run out of money to pay tuition and fees.

“Sometimes when they fail to pay my school fees, I’ll chill at home, read my books,” he said in perfect English, complete with slang. His Ateso-speaking parents know no English, but Tukei mastered it as part of his studies. He wants to be a doctor after going to medical school in the United States or Europe, so he takes school very seriously. When the money runs low and Tukei is called home, he gets his friends to bring him books and lessons so he can stay up-to-date and still pass his exams.

His home village of Abokakwap, on flat land in the shadow of Mount Elgon, is a collection of grass-topped houses



Benjamin Tukei (above) hopes to be a doctor, but he struggles to earn enough money to pay his school fees. Benjamin’s father and stepmother (left) use the oxen they received from Heifer in 2007 to prepare a plot for a kitchen garden.

and fields laid out in tidy, oxen-plowed rows, or shaped by hoes into mounds of soil arranged like upside-down egg cartons. Heifer first started work here in 2005, with projects designed to help the unusually high number of families in Abokakwap affected by HIV and AIDS. Tukei’s own family includes four AIDS orphans, his uncle’s children who came to live with them when their father died of the disease in 1997. One of the children is HIV positive.

In mid-May, Tukei was home on holiday, working in the family fields to bring in the crops that will help fund his education. He spent the morning of our visit digging the sweet potatoes and cassava that make up the bulk of the family’s twice-daily meals. “I’m trying to work very hard so I can make my future,” he said. “I’m tired of this work.”

Oxen the family received from Heifer International in 2007 make running the family farm much easier, and they help keep the family together. Before the oxen came, resources were tighter and Tukei had to stay with his aunt. Heifer training taught the family how to plant a kitchen



garden of cabbage, peppers, onions, tomatoes and spinach. Neither Tukei’s mother nor his stepmother went to school, so they’re both taking Heifer-sponsored literacy classes. It’s common in this region of Uganda for men to have more than one wife.

The oxen make the biggest difference, Tukei said. “Before, we used a hoe. It was very hard. The work is very easy now.” And the family can rent the oxen out to neighbors, although they often lend them for free to people who can’t pay.

While the oxen are certainly helpful, they didn't solve all of the family's problems. Tilling the fields is easier now, but harvesting is still a big chore. The family's well went dry long ago, so family members take turns fetching water from a well more than half a mile away. Without a proper place to store the harvest, many of the vegetables they cultivate go bad before the family can eat or sell them.

"My father is growing old because of too much work," Tukei said. He believes education is his best hope. When he gets a good job, he will be able to send money home to his father. "I want to help him," he said.

LATE TO SCHOOL

Beatrice Egolet squeezed onto a bench under the shade of a mango tree, angling to get a good view of the blackboard propped against the trunk. It was the rainy season in Amus village near the Kenya border, prime time for planting and tending the fields. And of course Egolet's animals and eight children needed tending, too. But Egolet makes literacy classes a priority and always comes for two hours, twice a week.



Regina Nasungu (at right) nibbles on her pen during a lesson on spelling and nutrition, while her 9-month-old son Akimu Nasungu plays by her feet. Another student (inset) spells out the names of the crops she and other women in the literacy class grow in their gardens.

A cluster of children stood off to the side, hands on hips, as more women dressed in bright, puff-sleeved *gomesi* dresses took their places on the wooden benches set in the dust. The women settled into their chairs, a couple of them hoisting nursing babies to their chests, as the teacher picked up his chalk. For today he planned a lesson on spelling and nutrition.





"In these markets, **if you don't know how to read, you don't know how to write**, it is very easy to be cheated."

Silas Amugoll, project coordinator

The women pulled out battered notebooks and pencils, and the teacher asked them to make a list of the crops they grew in their gardens. Taking turns, the women came up to the board to write down the Luganda words for cassava, sweet potatoes, millet, beans, maize and potatoes. The spelling for *matooke*, the Luganda word for banana, proved difficult, and two women misspelled it at the board. The teacher corrected them, the women giggled at their mistakes, then the class spelled the word aloud together.

These literacy classes offered the first chance Egolet and many of her classmates ever had for an education. Egolet's four brothers went to school, but she and her sisters stayed home to learn how to tend the house and fields. Until recently, it was common for parents to educate only their boys and invest in their girls by giving them the skills to make them good wives. Egolet's parents earned a payment of cows from her suitor's family when they married her off at age 15.

Egolet got a cow through a Heifer project a few years ago. The cow, named Peace, lives with its calf in a pristine enclosure shaded by a grass roof. The pen is divided into different compartments neatly labeled for feeding, resting and exercise. The family always took good care of Peace, but Egolet struggled at first. Because she couldn't read or write, Egolet worried she wasn't getting all she could from the trainings Heifer offered on caring for her new animal. And while she

knew it was important to keep logs of how much milk Peace produced each day, Egolet wasn't able to.

She wasn't the only project participant struggling with illiteracy, and the Heifer field staff took note. "In these markets, if you don't know how to read, you don't know how to write, it is very easy to be cheated," project coordinator Silas Amugoll said. Egolet struggled with illiteracy outside the markets, too. "I would travel and couldn't read the road signs, so I would get lost," she said through a translator.

So the women in the Bukedea district who benefited from the previous Heifer project initiated a three-year literacy project that would teach them to count, read and write. The project was designed for 200 students, but 232 people signed up. "We don't turn anyone away," Amugoll said. Some men signed up, but roughly 80 percent of the students are women. The project encompasses 10 classes offered at different locations in the district so students don't have to travel too far.

Egolet started taking the literacy classes when they first started two years ago, and the meticulous record book of Peace's milk production is proof of how much she's learned. Peace produces five gallons of milk a day, and the family uses only one of those. What's left after the calf gets its share goes to market. The proceeds pay for school for all eight of Egolet's children, girls and boys alike.

(clockwise from left)
Women bring straw mats to sit on during classes. Students practice writing the words for the foods they grow. Charles Egolet teaches reading and writing twice a week as part of a women's literacy project.





Christine Aanyu remains relatively healthy despite being HIV positive. Oxen from Heifer help her cultivate nutritious food to eat and sell.

COPING WITH AIDS EVERY DAY

Uganda was among the first sub-Saharan countries to fall victim to the AIDS epidemic. The country's first case was diagnosed in 1982, and by 1992 the prevalence rate climbed to 18 percent. That number is down to roughly 5.4 percent among adults in Uganda now. It's progress, but it still seems high compared with the United States' 0.6 percent rate of adult HIV/AIDS infections.

In Abokakwap, a village hit especially hard by the AIDS epidemic, people are hopeful. Because the Ugandan government and nonprofit groups subsidize anti-retroviral treatments, and because infection rates are dropping, the sickness is not the menace it once was. Still, the villagers of Abokakwap deal with HIV and AIDS daily. When the epidemic was new, people were afraid to admit they were infected or even seek treatment because of the stigma that was attached. Today, that stigma is largely gone, especially in places like Abokakwap where just about every family is affected. Most households include at least one orphan taken in when the parents died of AIDS.

Christine Aanyu, 37, is both lucky and unlucky when it comes to AIDS. She's unlucky because both she and her husband are HIV positive. She's lucky because she remains in good health for the most part, despite some joint pain and aches in her chest. She's also lucky that none of her

eight children, ages 20 months to 17 years, have tested positive for HIV. Last year Aanyu's family received oxen as part of a Heifer project. They use them to cultivate cabbages, cowpeas and peanuts so they can eat healthfully and make some extra money at the markets.

Aanyu isn't shy about revealing her status, and she's hopeful enough to make plans for herself and her family for years down the road. Like many of the women of Abokakwap village, Aanyu carves out four hours a week for a literacy class. She enrolled because she couldn't understand her children's schoolbooks, and she wanted to one day be able to read the Bible for herself.

Aanyu is a strong student, as are most of her classmates, teacher Harriet Adong reported. "They are good learners, and they are so much united. When they are digging, they are working in one garden. They are always together," she said.

The students help each other as much as they can, but sometimes it's not enough. Aanyu asked to send a message to people in the United States in hopes of helping them understand a bit more about what her life is like.

"Please tell them that people in Africa try their best, but we don't have every resource we need," she said through a translator. "If you can help, then I would appreciate it very much." ■



Kampala, Uganda

BLUE GOAT ON THE ROAD

By Austin Bailey

Tiredness weighed heavily on our shoulders as we bumped down a rutted dirt road on our way back to Kampala. That morning we spent visiting farmers working together to sell their milk in bulk in hopes of getting better prices. The afternoon went to tramping through the tall grass of farmer Peter Arangwa's pasture, angling for photographs of his magnificent long-horned Ankole cattle and trying to imagine what his life must be like, his days spent with the herd out in the bush, his evenings back home with his two wives and six children in grass-thatched huts.

Worn out and woozy from too much sunshine, we didn't quite understand what we were seeing when a blueish speck materialized on the road ahead. Drawing closer, we saw the floppy ears and wiggling tail of a goat. But its fur, the color of a hazy blue sky, was too bright and too unlikely, surely not real. Our speeding Land Cruiser sent the goat scampering across the road,

and then skipping through a field and into the bush.

The photographer in the backseat pulled off his sunglasses for a better look. "Was that a blue goat?" he asked. Surely it must have been painted, he said, like in India where people paint their animals to tell them apart.

A breed of goat from the west, crossed with a local breed, sometimes produces a silvery coloring that looks blue in the late afternoon light, our driver Richard Nuwagaba explained. We trusted Nuwagaba to tote us safely through the bicycle-and-taxi-choked roads of Kampala and the dirt paths here in the Kiboga region to the north. We trusted him on this, too. A blue goat; go figure. We decided it must be a good omen.

It was our second day in Uganda, and I was only just getting over the urge to tug at shirtsleeves and point out all the beautiful, exotic things that I could scarcely believe but that constitute just another day here in this brilliant green country wrapped

by the equator and washed by the Nile. Women with parcels of firewood as big as porch swings balanced on their heads, babies tied to their backs and yellow jerry cans for water in each hand. Brawny but docile Ankole cattle wearing shiny horns that span 12 feet from point to point. Chickens and goats perched on the backs of bicycles, calmly riding toward the market and their fate. Trees tall and flat on the top like a pedestal table, or short and rounded, with yellow and purple flowers.

It turned out the trip would be filled with these magical little gems. Uganda is all color and momentum, a country happy to be doing its own thing after more than a century of foreign intervention followed by crushing civil wars and paralyzing poverty. But alongside the beauty of this country and the inspiring hope and hard work of its people are the obstacles that give poverty and disease their stronghold. With hardly any money, scant health care and not enough education to go

around, life here can be very hard. Gray hair is almost as rare in Uganda as blue goats: the average life expectancy is 49.

Unlike other developing nations I've visited, Uganda is distinctly non-western. There aren't all the fast food restaurants like you'll find in Guatemala City, no giant shopping malls like in Manila. Kampala boasts its share of skyscrapers and taxis, but they're far outnumbered by wooden roadside shacks and bicycles smeared in the ubiquitous orange dust. Drivers steer their trucks into gaping pits by the road to wash them in puddles of rainwater. Marabou storks swoop over the capital city, as big and unsettling as pterodactyls. With their dim gray feathers and naked gullets, these storks seem more likely to snatch babies away than deliver them. "They eat the dead things," a friend explained.

The shadowy storks gliding overhead weren't the only thing that gave me pause as I explored Kampala and the countryside around it. It didn't take long to notice that men were in command of all the bicycles, vans and motorbikes crowding the roads. Women rode on the back of the bicycles and motorbikes, patiently and with ankles crossed. This backseat status for women extends to many parts of Ugandan culture, especially in the rural areas where girls are sometimes still denied schooling when family finances are tight. I bristled to see women and girls sitting on the ground while the men took the chairs, and I was always surprised when, arriving at a new hotel, the staff would snatch up the bags of the male photographer traveling with me, leaving me to haul my own

luggage. It was sometimes hard to decide where gender discrimination ended and mere cultural differences began. I decided I wouldn't last long in a country where I couldn't pedal myself around, but I supposed that if I couldn't carry my own suitcase then I'd probably packed too much, anyway.

What got to me most about Uganda, more than the bright beauty of the landscape or the gender barriers that are changing far more slowly than seems right, was the idea that despite their impossibly hard work, the people of Uganda don't get their due. So many people I met hacked through a seemingly insurmountable load of work every day, then got up the next morning to do it again. They did all

underneath shady trees. With the morning chores done and the older children off to school, these women could finally dedicate an hour or two to learning to read so that they would no longer be cheated at the market or embarrassed when they couldn't understand their children's textbooks.

The children know what's expected of them in return for all this sacrifice. If they can make it through secondary school and maybe even pay for university, they can give up the hoeing and milking, or at least find a job that lets them afford oxen to plow the fields and a better breed of cow that produces enough milk to turn a profit. Progress is excruciatingly slow and hard-won, and I marvel at such patience and perseverance.

On our last day in Uganda, we saw a row of impossibly broad and tall mvule trees lining the road that leads from the city of Mbale in the direction of the Elgon mountains on Kenya's border. Ssemeei Kakungulu, a governor of eastern Uganda, planted those trees more than 100 years ago, knowing they would someday be his legacy. It took decades for their roots to take

a firm enough hold for the trees to shoot up to their full height, but today they're taller than any building in sight. My hope is that the seeds Ugandans are planting today won't take quite so long to grow. ■



this knowing their days would always be filled with work, but hoping that their children might someday have it a bit easier. Widowed grandmothers cared for a handful of their own family, plus three or four AIDS orphans who had nowhere else to land. These women milked their cows, tended the pigs, hoed the garden and trekked to the market to sell the surplus, all for the money they needed for school uniforms, notebooks and pens. Mothers toted their babies to literacy classes held in the early afternoon





Never the Same

Former child soldiers describe the horrors of war as activists urge the U.N. to adopt sanctions against relentless violators.



Samboo, 12, fights for the Karen rebel army against Myanmar's military in January 2000.

PHOTO BY JASON REED/REUTERS/ANDOV

By **L. LAMOR WILLIAMS**, *World Ark* contributor

THE NIGHTMARES COME less frequently now for former Ugandan child soldier Kassim Ouma, but they still come. Sometimes the tormented faces of his victims haunt him even while he's awake.

He was 8 years old the first time he killed, 6 when the National Resistance Army abducted him from his boarding school classroom in Kampala, Uganda.

Ouma recalls the story in *Kassim the Dream*, a haunting documentary on his life that was recently screened at the Little Rock Film Festival in Arkansas and at similar events around the country.

"I never finished the film the first time. It was so emotional, I couldn't watch it," Ouma said.

"I've watched it so many times now. Still, sometimes it breaks me down."

With a thick accent that's sometimes difficult to understand, Ouma tells a cameraman that after being kidnapped, he and the other children were terrified. They were taken by truck to the rebel training facility. As the journey began, they were given chilling instructions.

"They said 'Right here there is no mommy. There is no daddy. If you cry, you're dead,'" he said. "From that day, I haven't been the same."

Today, Ouma, 30, is a professional middleweight boxer living in Florida with his mother and his two sons, half a world away from where he was kidnapped and forced to fight, maim and murder.

Seeking U.N. Sanctions

UNICEF estimates that there are currently 300,000 child soldiers fighting in conflicts around the world. In March, Radhika Coomaraswamy, the United Nations' special representative of the secretary-general for children and armed conflict, called for the U.N. Security Council to establish a system of sanctions for persistent violators who continue to forcibly recruit child soldiers.

"Advocacy must be reinforced by real action. Perpetrators of grave violations against children have to be held accountable, and impunity must end," Coomaraswamy said at a symposium in Rome on children and war. "We must let the world know [the] children's stories, and we must take effective protective, legal and political actions to ensure that as many children as possible are spared the brutalities of war."

While the forced recruitment of child soldiers remains a problem, Coomaraswamy said progress has been made.

"Since 1998 to now, more than 100,000 children have been demobilized and reintegrated into society," she said.

The U.N. reports that child soldiers are fighting in at least 15 countries and territories: Afghanistan, Myanmar (Burma), the Central African Republic, Chad, Colombia, the Democratic Republic of the Congo, India, Iraq, Israel, the Philippines, Somalia, Sri Lanka, Sudan, Thailand and Uganda.

Fleeing the Front Line

Yoweri Museveni, who led the National Resistance Army that kidnapped Ouma, overthrew then-president Milton Obote and assumed power in Uganda in 1986. But Ouma was not released from military service, fighting in the bush until age 12. He was one of the boys used to keep other boys in line, to toughen them up, he said. Not following orders or trying to escape meant severe punishment or death, likely at the hands of a young comrade who feared for his own life.

Ouma was trained as a boxer and put on the country's national team. By 15, he'd won an amateur championship. In 1998, at 19, he defected to the U.S. while visiting to compete in the World Military Boxing Championship with the Ugandan boxing team, he said.

In the film, he describes for viewers how, with no English skills, he went from one boxing gym to the next seeking training. The Alexandria Boxing Club in Alexandria, Va., was the first to take him in. He eventually settled in Florida where he would father his second son.

Barely holding back tears, his mother, Rose Nakagwa, recalls seeing him in 2002 for the first time since his kidnapping. Nakagwa was the first of Ouma's family to be granted a visa to come to the U.S., followed by Ouma's older son Umar Ogambo.



PHOTO COURTESY KASSIMTHEDREAM.COM

Boxer Kassim Ouma traveled to the United States at age 19, where he defected to flee the National Resistance Army. The NRA kidnapped him at age 6 from his Ugandan classroom.

"I want to send a message to people using child soldiers to please stop. They ruin people's lives. They should not use children to fight. They should let them study and be children."

— Kassim Ouma, former child soldier

"My first time to hug him and even talk to him was in 2002 when I came to America and really see that, okay, this is my son who was kidnapped," Nakagwa said.

The boxer's father was killed soon after Ouma defected, and Ouma blames himself for his father's death. Soldiers searching for Ouma tortured his father and forced Nakagwa to watch. The boxer's American-born son, Oundo Rahim Ouma, bears his late grandfather's name.

"That boy looks just like my daddy," Ouma says in the film. "I call him daddy, and he calls me daddy."

In 2007, Ouma was allowed to return to Uganda. Museveni granted him a presidential pardon for his desertion, which Ouma received during the visit. He returned again

this year to visit his ailing grandmother. She had been taking care of Ouma's son Umar until the boy was granted a visa to come live with Ouma in the U.S.

"My grandmother is going blind," Ouma said. "I had to go over there to help take care of her eyes. I've been trying to get her a visa but she's been denied."

Ouma calls boxing his therapy. He said he agreed to be filmed because he wants to raise awareness about children who are forced into military service.

"I want to send a message to people using child soldiers to please stop," he said. "They ruin people's lives. They should not use children to fight. They should let them study and be children."

Sent to Fight in Sudan

The Lord's Resistance Army, or LRA, has been fighting to depose Museveni for the past two decades. By some estimates, the LRA alone has abducted more than 30,000 children, forcing them to fight, serve as sex slaves or die. Grace Akallo was one of those children, kidnapped by the LRA from her high school in Aboke, in northern Uganda.

Akallo shared her story in Rome during the symposium on children and war. She had dreams of being the first person from her village to go to college. That dream was seemingly dashed when she was taken from her dormitory on Oct. 9, 1996, along with 138 other girls.

"I was among the first five who were tied and pushed to move out. We were forced by the LRA soldiers to form four straight lines and were marched out into the woods. I knew at that moment that there was no surviving. My spirit died," she said.

The headmistress on duty at the school followed the rebels, pleading with them to release the girls.

"The rebels threatened to kill or rape her in front of us. She was asked to leave, but she refused to leave without her children. She stood her ground and, in the end, she was released with 109 girls. I was not one of the lucky ones though, as I was among the 30 that were forced to remain," Akallo said.

After a month of wandering in the northern Uganda forest, they were marched to southern Sudan.

"On the way, many children who could not walk were killed and their bodies abandoned in the forest. The rebels would use sticks, axes, bayonets or machetes," she said.

"When we arrived in Sudan, I and my friends were given [an] AK-47. We were taught to dismantle, clean and assemble the gun. My group was not taught to shoot or to fight; we were told hunger would eventually teach us, and indeed it did. I and my friends were sent to battles with the Sudan People's Liberation Army [SPLA] several times. Hunger and thirst was the order of the day. During the long march



PHOTO COURTESY BAKER PUBLISHING GROUP

Grace Akallo, a former child soldier who escaped from the Lord's Resistance Army in Sudan, co-authored the book *Girl Soldier: A Story of Hope for Northern Uganda's Children*.

back from battle against the SPLA I fainted from thirst and hunger and the LRA actually buried me in a shallow grave, thinking that I was dead.

"In addition to being forced to fight, I and my friends were distributed to the rebel commanders. We were forced to kill those girls who tried to escape or refused their husbands. I was repeatedly raped by an LRA commander on countless occasions. I was an innocent young girl.... Yet, I had to survive."

On April 9, 1997, after seven months in captivity, Akallo finally saw her chance to escape from the rebels.

"I walked for two weeks without food in this place I did not know, surviving only on wild leaves, soil and dew in the morning. I was rescued by villagers from Southern Sudan and handed back to the Ugandan government soldiers who then handed me over to my parents. I was happy to be back, but my heart was saddened by the ongoing torture my friends were still going through. I left too many of them behind.

"After a month at home, I went back to St. Mary's College and later graduated. I was lucky to go to university level. But many of the girls who managed to escape are not able to return to school or have dreams for their future because they were not helped to deal with their horrible experiences, or because they now have babies born of their abuse."

Today, Akallo, 29, is a graduate student at Clark University near Boston studying international development. She hasn't been back to Uganda since 2006.

School and her advocacy work aren't the only reasons, she said. "All my family is back in Uganda, but I've been

“That’s what makes me go on because I left so many behind,” she said. “I left so many friends behind. Some were killed, some came back with children and they don’t have a voice. I survived and I have a voice.”

—Grace Akallo, former child soldier

“Because girls are often taken as child wives, they are not always considered child soldiers,” Akallo said. “But it is a crime against humanity for a girl to be taken and raped; to have to fight with their children strapped on their backs. And when they come back they live with that the rest of their lives. Their children born in captivity will remind them of their fates for the rest of their lives. If sexual violence is not recognized, not just recognized but prosecuted, it’s not justice at all.”

Reintegration into mainstream society remains a challenge, as child soldiers are both victims and perpetrators. The process begins with negotiating the release of child soldiers and tracking down family members, tasks that can take months.

"I feel blessed," he said. "I pray to God every day to forgive me." ■

www.un.org/children/conflict/english/index.html

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



Gift Card Delivery Options:

Fastest:

Order online at
www.heifer.org/worldark/catalog, then select
printable or interactive
gift cards.

Fast:

For an additional
charge, we'll ship your
cards to you 2nd Day
Air or Next Day Air.
(telephone orders only).

Standard:

Orders must be received by
December 4 for standard
delivery by December 24.
For rush delivery, please
place your order via phone.

TO ORDER YOUR GIFT CALL (877) 448-6437



Heifers Bring Holiday Cheer

It's easy to understand why we've been distributing heifers around the world for the last 65 years. Simply put, they provide a long-lasting source



Nsangou Rachidatou from Cameroon is able to provide for her son, Jamal since receiving her heifer.

of nutrition, income and opportunity.

Each day, a heifer can give a family as much as four gallons of milk. And for the families we

serve — many of whom live on just dollars a day — that is all the help they need to escape hunger and lift themselves out of poverty. Children have more than enough to drink, and parents have plenty left over for steady income. Plus, because each family who receives a heifer will also donate a heifer to another family when they pass on the gift of a calf, your generosity will trickle down for generations. So this holiday season, please consider adding a gift representing a heifer and training in its care to the top of your shopping list.

Gift of a
Heifer: \$500

Share of a
Heifer: \$50

The Empowering Gift of Goats



Children like Henry Majia from El Morante, Peru, become fast friends with the goats their families receive from Heifer International supporters.

Dairy goats are quite often the very best solution for a hungry family.

- Goats can provide up to a gallon of rich, nutritious milk each day.
- Goats don't require large tracts of land.
- And since goats can thrive on the plants and leaves that other livestock cannot eat, they help families flourish when resources are limited.

But perhaps best of all, because each nanny will have two or three kids each year, the gift of goats can quickly transform entire communities as each family passes on the gift of offspring to another. That is why a gift representing a goat and training is the perfect way to show your friends and family just how much you care this holiday season.

Gift of a
Goat: \$120

Share of a
Goat: \$10

The Gift of Sheep is "Shear" Magic

Bundle up! Here comes winter. And a warm, wool sweater is sure to be at the top of everyone's holiday wish list. But this year, may we suggest that you also include a gift to Heifer representing a sheep and training in its care? What a wonderfully unique addition that would make to your holiday gift giving!



Graciela Calderon with her daughter Anita (left), her son Benjamin (right), and their Heifer sheep outside their home in Marayhuaca, Peru.

Sheep offer struggling families many advantages.

- Their wool can be woven into clothes or sold for income.
- Their milk is rich and nutritious.
- And because sheep give birth to twins or triplets, each new generation will multiply the impact of your kindness even further — uplifting entire communities and forming bonds of friendship for years to come.

Just three of the reasons why your gift of sheep this holiday season has the power to change the world.

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

Say Happy Holidays with Alpacas & Llamas

Perfect for that person on your list who seems to have everything, a gift representing a llama or alpaca from Heifer International is a gift you both can share for years to come. Llamas and their close cousins, the alpaca, are often the only solution to poverty and hunger for families living high in the Andes Mountains of South America. Native to the region, these unique animals live in balance with an environment too harsh and fragile for any other livestock. Plus, their wool is of the finest quality — denser, warmer and



Esperanza Roque Purihuaman and children throughout Peru have the opportunity to escape poverty thanks to the llamas and alpacas their families have received from Heifer supporters like you.

softer than sheep wool — making it prized the world over. Your gift will make it possible for partner families to earn a modest living from either selling the wool or making clothes and blankets. Llamas and alpacas can easily navigate the steep and narrow trails that families must take to get their products to market. So if you're still shopping for that perfect gift — one that will be remembered for many years to come — may we suggest a gift representing a llama or alpaca and training in its care?

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



TO ORDER YOUR GIFT CALL (877) 448-6437

Mrs. Maria Cacay-Merizalde from Moros, Ecuador, gratefully says, "No other project has come to work around here, only Heifer."



Flock of Chicks: \$20

Chicks Make Memorable Gifts

A starter flock of 10 to 50 Heifer chicks and training in their care is an especially effective way to help families escape chronic poverty and hunger. Since chickens require very little space, eat low-cost feed and can lay more than 200 eggs a year, they are often a perfect fit for families living in the most extreme poverty. And because they are packed with protein, iron and zinc, **each egg can become a lifesaving gift for a malnourished child.** In fact, zinc deficiency directly contributes to the deaths of 800,000 children around the world this year when just a few eggs a week would have meant the difference. That is why we sincerely hope you will help support our poultry projects as generously as you possibly can this year.

Opportunity Flocks

For millions of children around the world, it is eggs from ducks and geese — not chickens — that form the cornerstone of a healthy diet. And each egg is another little gift of opportunity. Because with the sale of extra eggs and offspring, families can generate the steady income they need to pay for food, clothes, medicine and school fees. Plus, they're so easy to raise — especially for families with very small farms and few initial resources. That is why we so strongly recommend you add these fine feathered friends to your holiday shopping list this year.



Li Jun Ca
amongst the
ducklings at
his uncle's
farm in
Sichuan,
China.

Flock of Ducks and Geese: \$20

Flock of Hope: \$60

In many cultures, the egg is a symbol of life. But when you give a Flock of Hope from Heifer International, it becomes much more than a symbol — it's a profound gift of life that provides nourishment, income and hope — growing and giving "by the dozen" as nutritious eggs are gathered each day.

A **Flock of Hope** may include chicks, ducks and/or goslings, depending on cultural, climate and dietary differences among peoples. In almost no time, egg production will begin!

- Where families, especially children, are malnourished, delicious eggs will mean daily protein.
- Where families are impoverished, eggs will be taken to market and sold, raising much-needed funds for clothing, medicine and more.
- And where the earth is dry and barren, droppings from the birds will provide the fertilizer to increase farm production.

A **Flock of Hope** is a remarkable gift that doesn't take a "nest egg" to give this holiday season ... it just takes someone like you!

Trees for All Seasons



Christian Devries

With help from Heifer supporters like you, Deng Bunleap from Russey, Cambodia, can now grow lemons, jackfruit, coconuts and mangoes.

As part of Heifer International's holistic approach to sustainable development, we often provide our partner families with tree seeds or saplings. Often, it is the tree seedlings that make the difference ... providing that extra boost that is needed for a family to lift itself out of poverty and become truly self-sufficient. While their livestock may provide the necessities, it's the savings on fodder or firewood, or the sale of fruit and nuts, that ultimately gives a struggling family those few extra pennies each month that they can one day use to build a new house or pay for a child's education. Plus, tree roots hold together precious topsoil and help lock in moisture and nutrients — healing the Earth and ensuring the sustainability of the projects you support. So please add the gift of a tree to your animal gift giving this year as part of your commitment to ending poverty and hunger while caring for the Earth.

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

Sweeten the Holidays with the Gift of Bees

Gift of **Honeybees: \$30**

Sometimes it is the little gifts that leave the biggest impressions. And though bees may be small, the impact they can make is immense. By pollinating the crops on a family's farm, a healthy beehive can double fruit and vegetable yields. And income from the sale of honey, wax and pollen can be put toward food, clothing, medicine and education. Your gift of Heifer honeybees represents a bee package, the box and hive and training in the latest beekeeping techniques. What a honey of a way to show someone how much you care!



Jake Lynn

Ekwiya from Ghana reaps the sweet benefits from the help friends of Heifer provide to beekeepers in her village.

Ring in the Holidays With Rabbits



Brian Lynn

Rabbits are very easy to care for, so even children like Wang Gaoyuan in Yu Chi, China can help raise them.

What is cute and fuzzy and bred all over? Rabbits of course! And your gift representing a trio of rabbits and training in their care will not only make the perfect addition to your holiday gift giving, but it will make a perfect addition to the farms of the families in need all over the world. Rabbits are easy to care for, require only simple foods and produce manure that can be applied to gardens without composting — immediately boosting crop productivity and nutrition in an organic and sustainable way. Plus, because rabbits can have up to six litters a year, your gift will be quickly passed on and begin helping family after family boost their income and nutrition. That is why we suggest putting a spring in the step of someone close to your heart this holiday season by giving the gift of rabbits from Heifer International.

Trio of **Rabbits: \$60**
Share of **Rabbits: \$10**



Go Hog Wild for the Holidays



Heifer supporters are helping people like Eloundou Jean-Baptiste from Vao, Cameroon, become self-reliant by raising pigs.

The staple of barnyards around the world, your gift of piglets is a precious gift indeed. Pigs don't need a lot of land — a necessity for many of the very poor families Heifer serves. And they can thrive on a family's extra food scraps and garden by-products. In turn, pigs provide families with up to 16 piglets a year and a steady supply of organic manure to fertilize their crops in a sustainable way. And as each family passes on the gift of piglets to another family in need, your generosity will continue to multiply year after year. Hardy animals to be sure, pigs are helping families on all five continents where Heifer is working to end poverty and hunger while caring for the Earth. That is why your gift representing a Heifer pig is such a great way to help provide families around the world with better nutrition, a sustainable income and the opportunity to build a prosperous future.

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

Make a BIG Splash With the Gift of a Water Buffalo



With his Heifer water buffalo, Asuh Chermur, of the Akha people from Northern Thailand, can cultivate four times more land than he could by hand. Here, Asuh's children help as he faithfully cools off their water buffalo.

Water buffalo are among the most prized livestock for many farming families around the world. And it's no wonder when you consider all the ways that your gift representing a water buffalo and training in its care will help a family in need. By providing pulling power, a water buffalo can help a family plow and plant a field in just two days that would take two weeks to sow by

hand. That's why many small farming families are able to plant **FOUR TIMES** more with a water buffalo than by hand. With its rich milk, a water buffalo will provide a family with a plentiful supply of nutrition and income. And much like other Heifer livestock, water buffalo manure provides a steady supply of organic fertilizer to help families boost their crop yields in a sustainable way. All this adds up to more food and more income to go toward essentials like clothing, medicine and education — proving that sometimes the best gifts actually come in **VERY** big packages.

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

Milk Menagerie: \$1,000 | Share of a Milk Menagerie: \$100

A gift of exceptional generosity and quite possibly, the gift of life itself. Every **Milk Menagerie** represents a heifer, two goats and a water buffalo, all bred for the specific climate into which we place them and all ready to produce gallons of rich, nutritious, life-giving milk. Imagine the wide eyes of a hungry child who witnesses that first stream of warm milk spraying the bottom of a clean tin pail. The wonder, the anticipation! Now imagine her two years later, stronger and healthier, maybe going to school for the first time. Her family lifted from poverty, hopeful for the future. Who knew that from such a gift lives would change —

permanently, profoundly and for the better? You did.

If you are considering a special business gift, a generous donation in the names of clients and customers, or if you have been blessed this year and you'd like to give back in an extraordinary way, a **Milk Menagerie** from Heifer International may be the best way to demonstrate your values — and your vision.

Of course, each family receives training so the animals can live long and reproduce ... passing on milk, and your kindness, to family after family.

The milk of human kindness. Thanks to you, it just might be!

WWW.HEIFER.ORG/WORLDDARK/CATALOG



A gift to Heifer International is an extraordinary opportunity for you to change the world.

**Gift
Ark: \$5,000**

The Gift Ark goes around the world — Latin America, Africa, Asia, Europe and North America. Wherever we find hunger, poverty and hopelessness, we answer with Heifer animals and training.

What does this generous gift mean? It means ... oxen, donkeys and water buffalo ... cows, sheep and goats ... even bees, chicks, rabbits and more ... healthy, hardy animals that will go forth and multiply, improving lives for countless families and children, and passing on your spirit of faith and charity over and over again to places in the world where your generosity, kindness and vision are needed most.

To find out more about giving a gift to Heifer International during this holiday season, please call (877) 448-6437 ... and say, "I want to help change the world."



2 Cows

To bring milk and income to a Russian village.



2 Sheep

To help families in Arizona produce wool.



2 Camels

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



2 Oxen

To pull plows and carts in Uganda.



2 Water Buffalo

To help families in Laos increase rice production through animal draft power.



2 Pigs

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



2 Beehives

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



2 Goats

To help families in El Salvador provide milk for their children and earn extra income.



2 Donkeys

To supply animal draft power for farmers in Kenya.



2 Trios of Ducks

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



2 Trios of Rabbits

To provide food and income for families in Guatemala.



2 Trios of Guinea Pigs

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



2 Flocks of Geese

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



2 Flocks of Chicks

To help families in Sri Lanka improve nutrition and generate income through the sale of eggs.



2 Llamas

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

To help the greatest number of families move toward self-reliance, Heifer does not use its limited resources to track individual animals from donation to distribution to specific families. Instead, your gift supports the entire Heifer mission. We use your gift where it can do the most good by combining it with the gifts of others to help transform entire communities. Heifer's unique community development model assisted more than 191,000 families last year with gifts of animals, training and Passing on the Gift. In addition, members of 280,000 more families received special training that included sustainable farming techniques. And another 539,000 families received significant benefits directly. Heifer International is a 501(c)(3) organization.



TO ORDER YOUR GIFT CALL (877) 448-6437

A close-up photograph of a woman with a warm smile, wearing a white headscarf and a white shirt. She is holding a white goat close to her face. The background is a lush green field with yellow flowers.

“WILD” Holidays

about the

Heifer International’s Women in Livestock Development (WiLD) projects are specifically targeted to address the issue of gender inequity.

WiLD Gift:
\$10,000

Where women stand at such a disadvantage, our already difficult work to end poverty and hunger is all but impossible.

For instance, in the developing world where much of Heifer’s work takes place, women are responsible for producing 80 percent of the food. Yet they own less than one percent of the land. They have far less control over the family’s income and resources than their brothers, fathers and husbands. School, a career, and independence often seem impossible.

But your WiLD gift will help women who previously had few resources, little self-esteem and even less hope, bring boundless energy, ideas, work and most of all, change, to their families and their communities.

That is why Heifer International’s pioneering WiLD projects are among our most effective development strategies and offer you such a powerful opportunity to change the world.

You can support Women in Livestock Development (WiLD) by making a donation on behalf of those looking for a way out — not a hand-out. In so doing, you’ll help women overcome hunger and poverty and move toward self-reliance, for themselves and their families ... **a gift that will truly never stop giving!**

For women like Lusia Makoka in Malawi, your support is immensely empowering. Lusia received not only a dairy goat, but also training in animal breeding, veterinary care and pasture management. She can now help her husband Luka support the family and proudly says, “Every day we drink milk together and we are happy.”

WWW.HEIFER.ORG/WORLDDARK/CATALOG



You Can Give Them Hope for the Future

Since 1944, Heifer supporters have been empowering hungry families to lift themselves from poverty to self-reliance. But now with even more people chronically hungry, our unique approach is needed on an even greater scale.

That is why this year Heifer International is pleased to offer **a gift equal in magnitude to the tremendous need** that exists on our planet right now.

We call it our Hope for the Future gift, and it provides you with an opportunity not only to make a profound difference in the world, but also to share it with those special people in your life during this holiday season.

Your gift will help Heifer reach men, women and children who are on the brink of starvation and help them raise livestock and grow crops to provide sustainable sources of food and income.

Your gift of Hope for the Future will help:

- Move families closer to self-reliance through livestock, extensive training and Passing on the Gift;
- Help additional families through training in sustainable farming, microenterprise, gender equity and other community development programs; and,
- Reach families with training, access to veterinary care and to markets for their farm products.

That is why your gift of Hope for the Future is truly the gift of a lifetime.

Hope for the Future Gift:
\$25,000

Children around the world like Abednicoe from Luanshya, Zambia, now have hope for their future thanks to Heifer International supporters like you.



TO ORDER YOUR GIFT CALL (877) 448-6437

Where can your Heifer gift go? **Wherever you choose.**



www.heifer.org/fundaproject

When you decide to donate to Heifer through Fund A Project, you have the opportunity to direct your gift to a project that is important to you. For a minimum gift of \$150, you can choose to help earthquake victims in China, improve biodiversity for people in Peru or spur community development in Zambia. Whatever project you choose, you'll receive an annual update on the people and communities whose lives and futures you are changing. Visit www.heifer.org/fundaproject to see a complete list of projects and for more details.



Watch your gift multiply like... well...rabbits

More than 13,000 companies across the country match contributions to Heifer International by their employees, employees' spouses and retired workers. Find out if your employer matches, so your gifts will go twice as far in providing livestock to hungry and impoverished people around the world so they can live a life with increased income, dignity and hope. Log on to www.heifer.org/matching.



www.heifer.org | 800.422.0474



Those Who Remain



After fighting ended in Kosovo in 1999, newly widowed women and fatherless children returned to burned-out villages to begin rebuilding their lives. Today, their story is more hopeful, thanks in part to Heifer International.

By Annie Bergman,
Heifer International writer

PHOTOS BY HEATHER MCCLINTOCK





In April 1999, Sadie Kameri (above) and her family were forced from their home by Serbian troops. Kameri was widowed by the war, but she and her family have returned to their village and rebuilt their lives over the past decade with help from Heifer International. Empty chairs (previous pages) are constant reminders to Kameri and her 13-year-old daughter Shkelqesa, known to her family as Esa. Sadie's husband, Shpend, was killed in one of the worst massacres of the war.

*“They followed the dreams of
their fathers and grandfathers.
They dreamed of a free Kosovo.”*

*—Inscription on a monument to those
killed in fighting near Korenica*

KORENICA, KOSOVO—On Feb. 17, 2008, the dream of a free Kosovo came true. But after centuries of rule and oppression—by the Ottomans, as part of the Soviet Union and, lastly, by the Serbians—the dreamers were largely gone by the time independence was declared.

These men perished chasing their dream, but fleeing the land they loved. In their absence, the women of Kosovo returned, left to find their way back home and to prosperity among the burned houses and decimated farms of a country that was barely recognizable.

Ten years later, these women—the dreamers' widows—are still picking up the pieces. It is a bittersweet existence, they say, to live in a free country with a bright future that, for them, is often overshadowed by its dark past.

But the adage that time heals all wounds is at work here. While some wounds have not completely healed in the

years Kosovo has spent recovering from a war that saw the deaths of thousands, the disappearance of tens of thousands and the displacement of millions, the healing process has begun.

And Heifer is leading the way to recovery.

FLEEING THE FORCES

*“She knew they were going to have
to run for their lives. But where
were her daughter's shoes?”*

Ten years after Sadie Kameri (Sa-DEE-uh) and her three children fled advancing Serbian forces, the obsession of finding shoes for her then-3-year-old daughter still haunts her.

It was in the early morning of April 27, 1999, when Kameri's brother-in-law, Muharrem, ran to the house to warn her that Serbian troops were nearby. Alarmed, she woke her oldest two children, Shpat, then 9, and Shkrepina, then 7, and told them to dress.

As she ran to her 3-year-old daughter's room, she saw through a window that the paramilitary forces were moving

toward the house. Her husband, Shpend, her children, and Muharrem and his wife and child left the house through the back door.

But Shkelqesa, or Esa, the baby, was slow to wake. So Kameri stayed behind.

She dressed the child knowing they may not be able to return to the house. She knew what had happened to other Kosovar Albanians in the preceding months and what had happened in Bosnia and Croatia in the previous years.

But she couldn't find Esa's shoes.

"I saw neighbors and the troops going to their houses and making them flee," Kameri said, recounting her tale two days after the 10th anniversary of the events that irrevocably changed her life.

The people of Kosovo face daily reminders of the violence that destroyed life. Once home to a Kosovar-Albanian family, this house is still riddled by bullet holes.



"I went out the back door to look for Esa's shoes, and then one of the soldiers came and shouted at me in Serbian to get out and go away. So I took Esa in one hand and her shoes in the other and went out. We went to the fields," she said.

As they were fleeing, a cousin of Kameri's had a heart attack. He died in the field. The families stopped. She said they had no idea how much time passed in that field. They saw Serbian troops advance and begin to surround them.

They saw billowing smoke from the fires the Serbians set to the houses and knew they couldn't go back. They hurriedly buried her cousin and continued their journey.

The families found neighbors who had four tractors they were using to pick up others who were trying to make their way to the Albanian border. There were people everywhere, Kameri said, all trying to make their way out of the village and the country. Kameri and her family climbed onto the tractors.

They didn't get far.

"We arrived near the school where the Serbian army stopped us. They divided us, asked the men to step out of the tractors and robbed us. They took all of our jewelry, money, whatever we had," she said. "The men were held down and the women were forced on their way."

Kameri and her three children made it to Albania where they lived in a refugee camp for three months. All four remember their time in Albania, she said. The children all hoped their father was still alive.

"I didn't know about him until I got back."

THE CAUSES AND AFTERMATH OF THE WAR

"The hardest moment was when I came back after the war."

—Sadie Kameri

Serbians and ethnic Albanians fought over Kosovo for centuries. While the dispute centered on ownership, the fight reached its peak after Slobodan Milosevic, a Serb, came to power in the former Yugoslavia.

Yugoslavia was made up of the six republics of Bosnia-Herzegovina, Croatia, Macedonia, Montenegro, Serbia and Slovenia. Kosovo was an autonomous province included in the republic of Serbia.

Milosevic, who talked of a "Greater Serbia," heightened tensions among the various ethnicities in Yugoslavia.



A memorial to the men of Guska killed in the fighting has been erected on a roadside near the Albanian border.

Frightened by Milosevic's rhetoric, Croatia and Slovenia declared independence in 1991, setting off a wave of wars in the region.

While news reports of ethnic cleansing and war dominated the airwaves during the early and mid-1990s when Serbs clashed with Croats and Bosnians, the atrocities in Kosovo were no less severe.

According to information kept by the North Atlantic Treaty Organization, Serbian forces pushed 250,000 Kosovar Albanians from their homes and destroyed their houses, villages and crops during the summer of 1998. By the end of May 1999, 1.5 million people, or 90 percent of Kosovo's population, had been expelled from their homes.

By the end of the fighting on June 11, 1999, some 225,000 Kosovar men were believed to be missing. At least 5,000 Kosovars were executed.

One of the worst massacres was in Korenica, where Kameri and her family now live. Though the estimates vary, it is believed that approximately 400 Kosovar Albanian men lost their lives that day. More than 70 of them were from the tiny village of Korenica.

Kameri's husband, Shpend Kameri, and his brother Muharrem were two of the hundreds killed. They were 49 and 35 respectively.

Now, Kosovo's citizens are among the poorest in Europe, averaging only \$2,300 in annual income. Unemployment hovers around 40 percent, which encourages emigration from the rural areas to cities or abroad.

And despite a huge influx of people to the capital, Pristina, during and after the war, most of the country's population still lives in rural towns outside of the capital

city. Since the war, rural livelihoods have deteriorated significantly and a large portion of the rural population is living at a subsistence level.

REBUILDING KOSOVO WITH HEIFER'S HELP

*"Heifer has given help to so many
needy families. The cow has
provided us with so much."*

—Sadie Kameri

Kameri, 46, lives in a modest home like most others seen in Kosovo: two-story, orange brick, with similarly colored clay roof tiles. It is set among rolling green hills in her tiny village near the Albanian border.

The house is similar to what she lived in before the war. But it took Kameri a long time to come back to this place.

"The hardest moment was when I came back and saw nothing. Our house was at the entry of the village. It was all in ruins, just in ruins. I had no house and no husband," Kameri said. "For two weeks, I just lay here and did nothing."

After the initial shock waned, Kameri decided to move to her sister's home in Gjakova. She couldn't stay in Korenica, she said, because she had no way to make a living on her own.

After seven years, Kameri returned to Korenica because she wanted her children to be in a place more connected to their father. Part of the home—one bedroom and one bathroom—was rebuilt by the various relief organizations that came to Kosovo after the war ended. Her family helped build the remainder of the home, but they were without running water for months.

Soon after returning, Kameri learned of a joint project with Heifer International and Medica Kosova, which sought to help women return to their farms and receive medical and psychological treatment for the trauma they suffered during the war.

Heifer started work in Kosovo immediately after the end of the war with the goal to rehabilitate the small farms that were the backbone of the economy. Because nearly all livestock in the country were slaughtered as part of the Serbian campaign to permanently drive out the Kosovar Albanians, Heifer collaborated with Heifer Netherlands and Irish partner Bothar to return livestock to the country.



Aferdita Dervishi, 12, stands outside Korenica with the cow her family received as a pass-on gift from the Kameris. This cow won top honors at a regional fair for Aferdita's mother, the only woman who showed an animal.

As Kameri attended trainings from Heifer International on how to care for the cows they would be receiving, she and the other women in the project initially made crafts to supplement the 65 euros, or roughly \$92, she and other widows were sent monthly by the Kosovar government.

That money was barely enough to cover essentials for her three children, Kameri said. But within six months of joining the project, Kameri received a Simmental heifer on June 17, 2006.

And Kameri said she was lucky. Her cow calved quickly, and the family almost instantly had milk. She also learned how to make other dairy products, like cheese and yogurt, increasing her income and nutrition.

Another six months after the calf was born, Kameri fulfilled her requirement to pass on the gift. Another widow, Nakia Dervishi and her four children, who live a short distance from Kameri, are now benefiting from a cow.

"The cow helps me because I received only social welfare," Kameri said. "With this cow, the children have better nutrition. It has provided me with enough. I can buy shoes, clothes and things for the house when I need to."

Over the last two years, the government upped the monthly assistance for war widows to 130 euros, or \$186. Along with the welfare assistance, Kameri makes the equivalent of another \$100 a month from selling the surplus milk from her cow.

She is now able to pay for schooling for all three children. Her oldest, Shpat, who is now 19, is attending university in Pristina, while the two daughters are in seventh grade and high school.

LOOKING TO THE FUTURE

"I hope the young people can celebrate the independence. I hope God will never let anyone experience this ever again."

—Sadie Kameri

The family, Kameri said, is still recovering from the trauma of the war. Her older daughter, Shkreptina, 17, talks of being a journalist like her father. But the one most affected, she said, is her youngest, Esa, who is now 13.

"The [children] talk about their father. Esa was very connected with both her father and her uncle. She couldn't go



Sadie Kameran, left, sits with her sisters-in-law Hyrie Kameran-Perolli and Ajmone Kameran-Ferizi. Photos of family members killed in the conflict hang on the wall.

to bed without her father,” Kameran said. “She remembers when troops took her father and her uncle from the tractor. She was only 3, but she says she remembers. Even now she cannot accept the truth that her father is gone.”

And Kameran, too, told her story as if disconnected from the events that happened to her and her family 10 years ago. It seems like she’s not that woman anymore, and the family isn’t the same either.

One thing has brought the family solace: her husband’s remains were found in 2006 and returned to the family for burial in the cemetery outside of Korenica for those killed in the massacre. Kameran and the children visit the grave regularly.

Still, the family faces hardships. While Kameran makes dairy products for her own consumption and is able to sell milk at a milk collection point, she does not have a vehicle, so it is hard for her to sell other dairy products in markets because she cannot transport them.

And because Kameran and other women Heifer helps live primarily in Kosovo’s rural villages, they are largely invisible to the outside world.

After all, Kosovo is in Europe, where the currency is more valuable than the American dollar, where the culture and the history are taught in American schools, and where major tourist destinations are a short plane ride away. Even citizens in Pristina do not understand the level of poverty in their own country.

While more than 50 countries, including the United States, recognize Kosovo’s independence, Serbia does not. Serbia has even asked the International Court of Justice whether Kosovo’s independence is legal under international law. Consequently, Kosovo is still under the protection of the NATO-led peacekeeping contingent, Kosovo Force, or KFOR.

But where there was once desperation, there is now hope. Despite the hardships they still face, Kameran said the benefits to her are immeasurable.

And she says the next generation will benefit more than anyone from the gift of livestock. Her children in particular are receiving a dual education, one from learning to care for the cow and the other in school.

“My hope for the children is that they have all the good things of this world—to finish school and university and to be independent. Then I can be proud of their success,” Kameran said. “I’ll know that I succeeded in raising them well.” ■

For video, visit www.heifer.org/worlddark.



The grave marker of Shpend Kameran, Sadie’s husband, stands in a cemetery dedicated to those killed by the Serbian forces in 1999. The cemetery is one of the only places in Kosovo where both Muslims and Catholics rest.

The Painful Birth of Modern Kosovo

AFTER THE FALL OF COMMUNISM in the early 1990s, many Central and Eastern European countries were left with fundamental economic, ideological and social changes. In many cases, such changes heightened ethnic tensions. Civil wars broke out in the area, and many countries—most notably the former Yugoslavia—were forced to re-define their boundaries and identities.

Yugoslavia was divided into six republics: Bosnia-Herzegovina, Croatia, Macedonia, Montenegro, Serbia and Slovenia. The autonomous province of Kosovo within Serbia, made up primarily of ethnic Albanians, declared its independence from Serbia. Serbia retaliated, driving the ethnic Albanians from their homes.

It was a centuries-old dispute. Serbians claimed that Kosovo was at the heart of their medieval kingdoms, while the ethnic Albanians believed they had an even more ancient claim to the land.

In 1989, when Slobodan Milosevic rose to power in Serbia, a wave of Serbian nationalism swept through the unified Yugoslavia, fueling enmity toward the other republics.

That same year, Milosevic stripped Kosovo of its semi-autonomous status, based on reports that the ethnic



Razor wire warns visitors to stay away from the remnants of a former Serbian military base in Pristina's Gërmia Park. NATO forces bombed the base during the 1999 war.

Albanians were beating and harassing the Serbs living there. As a result, Slovenia, Croatia and Bosnia-Herzegovina declared their independence from Yugoslavia in 1991, fearing that the more than 2 million ethnic Serbs living in these republics would retaliate for the treatment of Serbs in Kosovo.

Peace talks were held to try to calm fears and reunite the republics of Yugoslavia. When talks failed, a chain of bloody events began. From 1992, when fighting began in Croatia, through March 1999, Serbians marched through the region in an effort to gain complete control.

However, the Serbs were not without opposition. In Kosovo in particular, the Kosovo Liberation Army, or KLA, carried out bombings against Serbians starting in 1996, furthering the hostility between the Kosovar Albanians and Serbians.

In March 1999, the North Atlantic Treaty Organization sent United States Ambassador Richard Holbrooke to try to persuade Milosevic to stop attacks on ethnic Albanians. When Milosevic refused to withdraw the Serbian troops there, NATO, under Gen. Wesley Clark, began an air campaign that lasted 77 days.

Since then, and despite Kosovo declaring independence in February 2008, Kosovo is still under the protection of the Kosovo Security Forces. ■

—Annie Bergman





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February: 6-9, 9-12, 22-25, 25-28
March: 26-29, March 29- April 1
and April: 5-8
Overlook Farm in Rutland,
Massachusetts

Women's Livestock Birthing Alumni Reunion

April: 8-11
Overlook Farm in Rutland,
Massachusetts

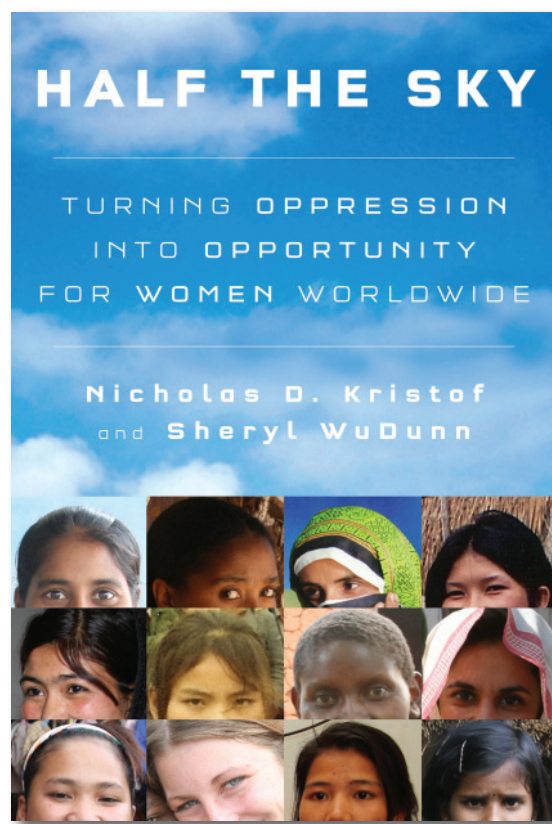


To learn more, visit www.heifer.org/lambsandmore or call Heifer Ranch at **501-889-5124**
or Overlook Farm at **508-886-2221**.

Women: The Untapped Resource

An excerpt from *Half the Sky*

BY **NICHOLAS KRISTOF**
AND **SHERYL WUDUNN**



In their latest book, Pulitzer Prize-winning authors Nicholas Kristof and Sheryl WuDunn challenge readers to act on one of the great human rights issues of our time: gender inequality. Supporting education and opportunities for women and girls around the world is crucial, they say, to combating the problem and tapping one of the world's greatest resources. In the following excerpt, they cite Heifer as one of the organizations getting it right.

NEARLY EVERYONE WHO WORKS in poor countries recognizes that women are the Third World's greatest underutilized resource. "The first thing we learned is that men are often untrainable," said Bunker Roy, who runs Barefoot College, an India-based aid organization that operates in Asia, Africa and Latin America. "So now we work only with women. We pick a woman from Afghanistan, from Mauritania, from Bolivia, from Timbuktu, and in six months we train her to be a barefoot engineer" working on water supplies or other issues.

Almost invariably around the globe, countries and companies that have deployed women according to their talents have prospered. "Encouraging more women into the labor

force has been the single biggest driver of Euro-zone's labor market success, much more so than 'conventional' labor market reforms," Goldman Sachs wrote in a research report in 2007. Likewise, public companies that have more women executives consistently perform better than those with fewer women. One study of America's Fortune 500 companies found that the one-quarter with the most female executives had a return on equity 35 percent higher than the quarter with the fewest female executives. On the Japanese stock exchange, the companies with the highest proportion of female employees performed nearly 50 percent better than those with the lowest. In each case, the most likely reason isn't that female executives are geniuses.

Rather, it is that companies that are innovative enough to promote women are also ahead of the curve in reacting to business opportunities. Conversely, companies—or countries—that subjugate women will hold themselves back.

Consider the costs of allowing half a country's human resources to go untapped. Women and girls cloistered in huts, uneducated, unemployed and unable to contribute significantly to the world, represent a vast seam of human gold that is never mined. The consequence of failing to educate girls is a capacity gap not only in billions of dollars of GNP but also in billions of IQ points.

Psychologists have long noted that intelligence as measured by IQ tests has risen sharply over the years, a phenomenon known as the Flynn Effect, after a New Zealand intelligence researcher named James Flynn. The average American IQ, for example, rose by 18 points from 1947 to 2002. Over 30 years, the IQ of Dutch conscripts rose 21 points and those of Spanish schoolchildren by 10 points. One scholar estimated that if American children of 1932 had taken an IQ test in 1997, then half of them would have been classified as at least borderline mentally retarded.

"The strongest argument we can make to leaders of poor countries is not a moral one but a pragmatic one: If they wish to enliven their economies, they had better not leave those seams of human gold buried."

The cause of the Flynn Effect isn't fully understood, but it affects primarily those with lower scores, who may not have received adequate nutrition, education or stimulation. Iodine deficiency is a factor in some countries. As people become better nourished and better educated, they perform better on intelligence tests. Thus it's no surprise that a particularly large Flynn Effect has been detected in developing countries such as Brazil and Kenya. The IQ of rural Kenyan children rose 11 points in just 14 years, a pace greater than any Flynn Effect reported in the West.

Girls in poor countries are particularly undernourished, physically and intellectually. If we educate and feed those girls and give them employment opportunities, then the world as a whole will gain a new infusion of human intelligence—and poor countries will garner citizens and leaders who are better equipped to address those countries' challenges. The strongest argument we can make to leaders of poor countries is not a moral one but a pragmatic one: If they wish to enliven their economies, they had better not leave those seams of human gold buried and unexploited.

One of the groups that has increasingly focused on women for these pragmatic reasons is Heifer International, an aid organization based in Arkansas that gives cows, goats, chickens and other animals to farmers in poor countries. Its head is Jo Luck, a former state cabinet official in Arkansas under then-governor Bill Clinton. On assuming the presidency of Heifer in 1992, Jo Luck traveled to Africa, where one day she found herself sitting on the ground with a group of young women in a Zimbabwe village. One of them was Tererai Trent.

Tererai is a long-faced woman with high cheekbones and a medium brown complexion; she has a high forehead and tight cornrows. Like many women around the world, she doesn't know when she was born and has no documentation of her birth. She thinks it may have been in 1965, but it's possible that it was a couple of years later. As a child, Tererai didn't get much formal education, partly because she was a girl and was expected to do household chores. She herded cattle and looked after her younger siblings. Her father would say: Let's send our sons to school, because they will be breadwinners. "My father and every other man realized that they did not have social security and hence they invested in male children," Tererai says. Tererai's brother, Tinashe, was forced to go to school, where he was an indifferent student. Tererai pleaded to be allowed to attend, but she wasn't permitted to do so. Tinashe brought his books home each afternoon, and Tererai pored over them and taught herself to read and write. Soon she was doing her brother's homework every evening.

The teacher grew puzzled, since Tinashe was a poor student in class but always handed in perfect homework. Finally, the teacher noticed that the handwriting was different for homework and for class assignments, and whipped Tinashe until he confessed the truth. Then the teacher went to the father, told him that Tererai was a prodigy, and begged for her to be allowed to attend school. After much argument, the father allowed Tererai to attend school for a couple of terms, but then he married her off at about age 11.

Tererai's husband barred her from attending school, resented her literacy and beat her whenever she tried to practice by reading a scrap of old newspaper. Indeed, he beat her for plenty more as well. She hated her marriage, but had no way out. "If you're a woman and you are not educated, what else?" she asks.

Yet when Jo Luck came and talked to Tererai and the other young women, Jo Luck kept insisting that things did not have to be this way. She kept saying that they could achieve their goals, repeatedly using the word "achievable." The women caught the repetition and asked the interpreter



PHOTO BY TAY WHITE

Tererai Trent kneels to retrieve a tin can where she first buried her goals to achieve a proper education during a September visit to her Zimbabwe home. She's working on her dissertation to complete her Ph.D.

to explain in detail what “achievable” meant. That gave Jo Luck the chance to push forward. “What are your hopes?” she asked the women, through the interpreter. Tererai and the others were puzzled by the question, because they didn’t really have any hopes. Frankly, they were suspicious of this white woman who couldn’t speak their language, who kept making bewildering inquiries. But Jo Luck pushed them to think about their dreams, and, reluctantly, they began to think about what they wanted. Tererai timidly voiced her hope of getting an education. Jo Luck pounced and told her that she could do it, that she should write down her goals and methodically pursue them. At first, this didn’t make any sense to Tererai, since she was a married woman in her mid-20s.

There are many metaphors for the role of foreign assistance. We like to think of aid as a kind of lubricant, a few drops of oil in the crankcase of the developing world, so that gears move freely again on their own. That is what Heifer International’s help amounted to in this village: Tererai started gliding along freely on her own. After Jo Luck and her entourage disappeared, Tererai began to study frantically, while raising her five children. She went away to her mother’s village to escape her husband’s beatings. Painstakingly, with the help of friends, she wrote down her goals on a piece of paper: “One day I will go to

the United States of America,” she began, for one goal. She added that she would earn a college degree, a master’s degree and a Ph.D.—all exquisitely absurd dreams for a married cattleherder in Zimbabwe who had less than one year of formal education. But Tererai took the piece of paper and folded it inside three layers of plastic to protect it, then placed it in an old can. She buried the can under a rock where she herded cattle.

Then Tererai took correspondence classes and began saving money. Her self-confidence grew as she did brilliantly in her studies, and she became a community organizer for Heifer. She stunned everyone with her superb schoolwork, and the Heifer aid workers encouraged her to think that she could study in America. One day, in 1998, she received notice that she had been admitted to Oklahoma State University.

Some of the neighbors thought that a woman in her 30s should focus on educating her children, not herself. “I can’t talk about my children’s education when I’m not educated myself,” Tererai responded. “If I educate myself, then I can educate my children.” So she climbed into an airplane and flew to America.

At Oklahoma State, Tererai took as many credits as she possibly could and worked nights to make money. She earned her degree and then returned to her village. She dug up the tin can under the rock and took out the paper on which she had scribbled her goals. She put checkmarks beside the goals she had fulfilled and buried the tin can again.

Heifer International offered Tererai a job, and she began work in Arkansas—while simultaneously earning a master’s degree part-time. When she earned her M.A., Tererai again returned to her village. After embracing her children and relatives, she dug up her tin can and checked off her most recently achieved goal. Now she is working on her Ph.D. at Western Michigan University, and she has brought her five children to America. Tererai has finished her course work and is completing a dissertation about AIDS programs among the poor in Africa. She will become a productive economic asset for Africa, all because of a little push and helping hand from Heifer International. And when she has her doctorate, Tererai will go back to her village and, after hugging her loved ones, go out to the field and dig up her can again. ■

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REVIEW

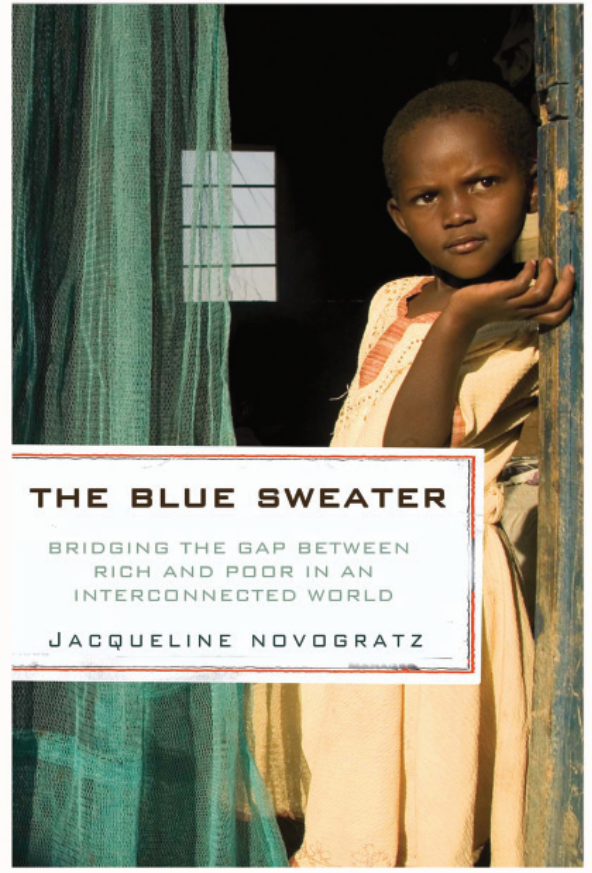
The Blue Sweater

Review by Austin Bailey, *World Ark* senior editor

YOUNG JACQUELINE loved the blue sweater decorated with zebras that her uncle gave her and wore it well past the point where it became uncomfortably tight. She certainly never expected to see it again when she finally chucked it into a donation box at a Virginia Goodwill. So when she spotted a blue sweater decorated with zebras 10 years later, hanging from the slender shoulders of a young boy in Rwanda, Jacqueline Novogratz was amazed to find her name still written on the tag. The sweater became a symbol to her of the interconnectedness of all people, and it encouraged Novogratz during her early days in Africa, when setbacks threatened her resolve to help the world's poor.

The blue sweater's original owner went on to be a trailblazer in the use of market-based approaches instead of handouts to aid the needy. Today, Novogratz is a 25-year veteran of development work, and founder and CEO of the Acumen Fund, an international nonprofit that promotes entrepreneurship as a way out of poverty. In *The Blue Sweater: Bridging the Gap Between Rich and Poor in an Interconnected World*, she recounts her personal journey from wide-eyed college grad hoping to save the world to battle-hardened veteran who knows that good intentions alone rarely get the job done. The book is both a memoir and a how-to manual on harnessing capitalism to end poverty.

Novogratz is well-known for her success in offering venture capital to create health care, clean water, education, housing and other services to aid the poor. But it's the stories of failure early in her career and how she handled them that make for the most captivating reading. Those failures came quickly after she left a cushy Wall Street job with Chase Manhattan Bank to work for a women's microfinance organization in Africa. She arrived to a frigid reception, despite her efforts to win everyone over. As she says in the prologue of the book, "I went to Africa to try and save the continent, only to learn that Africans neither wanted nor needed saving."



The Blue Sweater: Bridging the Gap Between Rich and Poor in an Interconnected World

by Jacqueline Novogratz

Rodale Books, 2009, Hardcover, \$24.95

Novogratz weathered sexual harassment and ultimately a poisoning at the hands of her female co-workers before fleeing to Germany to regroup. She recovered physically from the poisoning and returned to work in Africa despite the urgings of her worried parents. But this time, she vowed to work only with women's groups who invited her to help them.

What's extraordinary about these devastating setbacks is that rather than sending her back to the United States and a lucrative banking career, they strengthened Novogratz's dedication to development work. But instead of barreling blindly forward, Novogratz took the time to deconstruct each of these failures and extrapolate the reasons for them before moving on to the next challenge. It was this ability

to put aside ineffective efforts and suss out strategies that worked that made Novogratz such a powerhouse in her work throughout Africa and in India and Pakistan.

Sounds like a great story, doesn't it? And it is. The only problem is that while Novogratz's story is powerful throughout, the writing is not. The book occasionally veers into flowery platitudes or development speak that distracts readers from the importance of what she's saying. Organization also becomes a problem when Novogratz devotes too much ink to her personal reflections on the Rwandan genocide.

Luckily, the Internet offers up another option for people interested in Novogratz's fascinating life and ideas but too impatient to wade through the slower parts of her book. Novogratz was a featured speaker at the 2009 TED conference, an annual meeting of leading thinkers from all disciplines (TED stands for Technology, Entertainment, Design). Novogratz's presentations mirror some of the stronger portions of her book and are posted online at www.ted.com.

NEW AND NOTEWORTHY



Say You're One of Them
by Uwem Akpan
Hatchett, 2009
Hardcover, \$23.99

In his first collection of fiction stories, the Nigerian-born author (and Jesuit) takes an unflinching look at life and poverty in Africa.

Path to Freedom
www.pathtofreedom.com

In this time of tightening belts, city dwellers looking to become urban homesteaders have the perfect guides. The Dervaes family lives "off the grid" and profitably farms a quarter-acre lot in Pasadena, Calif.

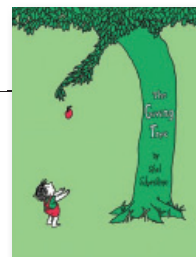


FIVE FAVORITES ON:

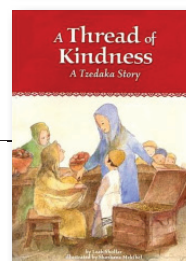
Children and Charity

While we at Heifer International are rather partial to Beatrice's Goat—it's the story of Heifer beneficiary Beatrice Biira—there are some other good children's books out there that deal with issues of need and giving.

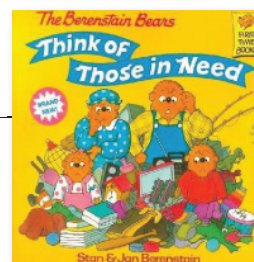
The Giving Tree
by Shel Silverstein



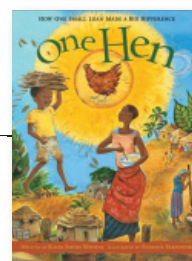
A Thread of Kindness: A Tzedakah Story
by Leah Shollar and Shoshana Mekibel



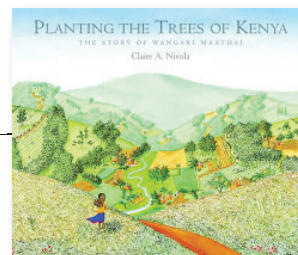
The Berenstain Bears Think of Those in Need
by Stan and Jan Berenstain



One Hen: How One Small Loan Made a Big Difference
by Katie Smith Milway



Planting the Trees of Kenya: The Story of Wangari Maathai
by Claire A. Nivola



Why Wait Until You Graduate?

Veterinary students off and running with \$100,000 award

By Donna Stokes, *World Ark* managing editor

THIRD-YEAR VETERINARY STUDENTS Laurel Redding and Alison Barnstable are powerful proof that hard work, big dreams and creative partnerships can change the world.

The two, starting their third year at the University of Pennsylvania School of Veterinary Medicine, are working with Heifer International on a project to combat world hunger and improve global health. The project, "Increasing Agriculture Productivity in Developing Countries," won them a \$100,000 Penn Vet Student Inspiration Award for 2009. The award, from the Vernon and Shirley Hill Foundation, goes to two students each year who demonstrate the potential to significantly advance the frontiers of veterinary medicine.

Barnstable said that by working with Heifer International, she and Redding aim to create opportunities for veterinary student volunteerism and research projects with Heifer, increase the flow of information about the needs of developing communities into veterinary schools in the United States and aid in the establishment of a network providing a robust exchange of information between government authorities, veterinarians and global community animal health workers.

"The veterinary profession absolutely needs to become more involved in the arena of public health and world hunger, and we are particularly well situated to make a significant contribution to these two fields," Redding said. "A large portion of the world's population relies on animals for food and livelihood, so safeguarding animal health is essential."

Redding said a primary goal of the project is to get Penn Vet students to Heifer project sites. "The project we are looking at now is in Nepal, where we hope to be involved in training of community animal health workers and helping establish a network whereby a better exchange of information can occur.

"At the most basic level, we will be getting students exposed to some of the issues surrounding public health and world hunger. As students become aware of the situation in other parts of the world and how organizations like Heifer



Alison Barnstable, left, and Laurel Redding, students at the University of Pennsylvania School of Veterinary Medicine, visit Heifer Village in Little Rock, Ark., in June.

are operating, they will learn valuable skills that they can integrate into their careers as veterinarians. Getting students involved in research projects and Heifer's mission will also introduce students to ways in which they can have a direct impact on the lives of people all over the world, using their skills as veterinarians."

In June, Redding and Barnstable visited Heifer's headquarters in Little Rock, Ark., and Heifer Ranch in Perryville, Ark.

"It seems that the general public impression of Heifer is that it is an organization that gives animals to communities in need," Redding said. "I was able to see how much more Heifer is, and get an appreciation for the many other approaches Heifer takes, from Cornerstone training, to animal well-being, to advocacy."

The two are excited to share their experience and success with other students who want to make a difference in the world.

“Take risks,” Barnstable advised. “Contact organizations that interest you; apply for grants even if you don’t think you will get them. Travel and get to know areas of the world you are interested in. By simply putting yourself out there, you will meet interesting people who can help guide you toward your goals.”

Redding seconded that. “Pursue your ideas and passions, and don’t hesitate to look in unconventional places for ways to fulfill them. One thing I was amazed at when undertaking

this project was the number of connections I was able to make between ideas, people and projects, and the number of people who were willing to help make this project a reality. What started out as a desire to get involved with Heifer International snowballed into developing a project for students at my school, getting a very generous source of funding, and is now hopefully going to expand to involve faculty looking at innovative worldwide projects and potentially even a new curriculum for our school.”

Healthy Cooking Biogas in Indonesia

Compiled by Jaman Matthews, *World Ark* senior editor

FOUR-YEAR-OLD DIMAS loves boiled eggs. Before, when his family was forced to cook with firewood and charcoal, boiled eggs were a luxury. But with their new biogas stove, Dimas can ask his mother for one anytime.

Dimas’ father, Munarto, is a member of Heifer Indonesia’s Livelihood Empowerment through Agroforestry (LEAF) project in Southern Sumatra. The project, which supplied goats, beehives and fish, also trained farmers in biogas production. The family was fortunate enough to receive the demonstration biogas unit. Biogas digesters are a new technology not only to villagers but also to local government officials, who come to Munarto’s home to learn about biogas.

Munarto—like many Indonesians, he goes by only one name—collects manure from his neighbors. (The family



The Munartos raise eels in this small pond (under leaves), which they fertilize with sludge from the biogas unit.

does not have a cow yet, but plans to buy one after selling a few goats.) Dimas helps his father mix the manure with water and dump it into the digester, where it breaks down and releases methane gas. The methane is then piped to the house. Now, his wife, Ipah, can cook in a healthier, faster and more environmentally friendly way. The biogas stove is also used to heat the clothes iron. And the manure sludge left in the biogas digester can be used as compost for eel ponds and the kitchen garden.

Now, whenever Dimas sees cow manure scattered on the ground in the village, he says, “What a pity. Why don’t they use that manure for biogas? It is good for boiling eggs like my mother does!”

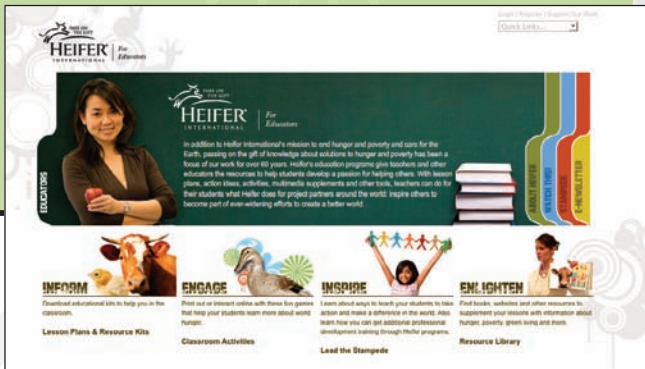


The new biogas cookstove (left) replaced the old, smoky woodstove (right). The new stove is much healthier and faster.

Reporting and photos by Supriyono, Heifer Indonesia planning, monitoring and evaluation manager.

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A Novel Approach

Heifer International is especially privileged this year to have two best-selling authors tapping their creativity and fan power to fuel successful online fundraising efforts. Fantasy writer Pat Rothfuss and mystery writer Laurie R. King used their talent, celebrity and energy to raise more than \$150,000 to help end hunger and poverty.

Fantasy Writer Conjures a Better World

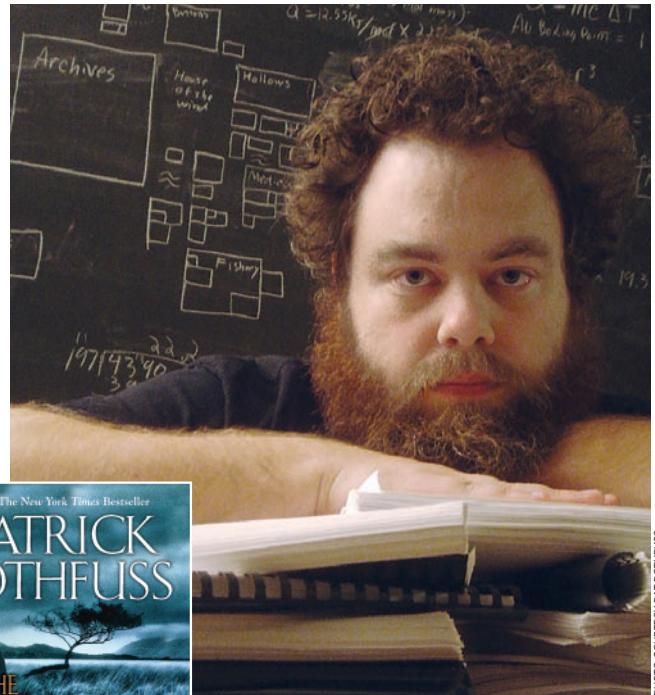
By Sherri Nelson, *World Ark* contributor

PAT ROTHFUSS SAYS he has the best fans in the world. He will tell you that it's not because they made him a nearly instant success after his first novel in a fantasy trilogy, *The Name of the Wind*, became a *New York Times* best-seller a little more than a year after its March 2007 debut. Rothfuss believes his fans are the best because in just 30 days, they helped him raise nearly \$114,000 for his favorite charity, Heifer International.

Rothfuss got the idea for the 2008 Heifer fundraiser after hosting a photo contest for his fans. When *The Name of the Wind* came out in paperback, he asked fans to take a picture with the book. He figured it would get a handful of responses, but hundreds of people sent in thousands of photos. As Rothfuss contemplated his next online shenanigans, he decided to harness his fans' enthusiasm for a good cause.

"It's hard for me to remember a time when I wasn't excited about Heifer. My mom showed me *Beatrice's Goat*; that book really started it for me. After my book was published, I was financially stable for the first time in my life. My thoughts immediately turned to Heifer," Rothfuss said.

Rothfuss put his fans' excitement and his newfound celebrity to work to help end hunger. He created an online fundraiser through Team Heifer and engaged his fans through his website, www.patrickrothfuss.com. He asked his fans to spread the word about Heifer and send in



Pat Rothfuss

donations. He would match donations dollar-for-dollar and offer a lottery-style giveaway: one entry for every \$10 donated. Prizes included signed books, illustrated maps and sneak peeks of book two, *The Wise Man's Fear*. He promised "big, warm, fuzzy feelings for all."

Explaining why Heifer was his charity of choice, Rothfuss said, "For me, Heifer's biggest appeal is that it gives people a leg up. Other charities give food to hungry people. But in a month those people will still be hopeless and unable to improve their own situation. There have been times in my life when I needed just a little financial help to keep

my life from going off the rails. I swallowed my pride and called my parents for that help. I was lucky to have their support, but a lot of people don't have anyone they can call. Heifer acts as a support network for the world."

In eight days, fans proved the author had a huge support network for his philanthropic efforts—donations topped \$15,000. Rothfuss knew then this fundraiser had the potential to be even bigger, so he reached out to his sci-fi/fantasy contemporaries and publishers asking for their help. Many authors donated signed books, prints and manuscripts. Subterranean Press gave \$8,000 worth of signed, limited edition books. In total, Pat Rothfuss' Team Heifer raised \$113,846, with more than \$50,000 coming directly from the author.

While Rothfuss was surprised by the magnitude of the response to the fundraiser, he says he's not surprised that



Rothfuss was overwhelmed by the donations that poured in from his fans.

his fellow fantasy authors were so willing to donate books, money and word of mouth to the cause. "Writers have a lot of empathy. It's hard to write good characters without it."

Rothfuss said he wasn't surprised that his fans were willing to help out, either.

"Fantasy readers tend to be extremely intelligent. The entire genre encourages people to ask questions, to dream. So when they're confronted with an easy question like, 'What happens if you give a hungry family a flock of ducks?' they know the answer. They get it—they know how to

make the world a better place."

Rothfuss is hosting a 2009 Team Heifer fundraiser, with more goodies for the lottery giveaway and some other specialty items for auction. Join Rothfuss' team at www.patrickrothfuss.com or at www.heifer.org/team.

Fundraising Case Closed for Mystery Writer

By Austin Bailey, *World Ark senior editor*

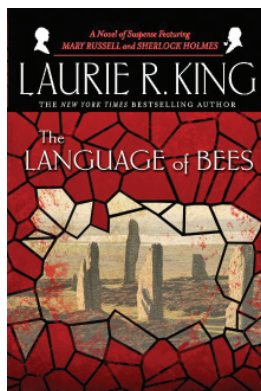
THE PUZZLE PRESENTED ITSELF this past winter, as mystery writer Laurie R. King wondered how best to promote her new book, *The Language of Bees*, while celebrating the 15-year anniversary of her first book, *The Beekeeper's Apprentice*. The author of a series of historical mysteries shrouded in English fog and featuring Sherlock Holmes himself, King has a knack for sussing out the best solution. In this case, she deduced that combining her book promotion with some good works would create a mutually beneficial buzz. The title of her new book was the clue that led her to team up with Heifer International.

"One of my fans donated a beehive in my name several Christmases ago," she said. "I hadn't heard of Heifer before that, but since then I've been following Heifer and donating. We thought about bees because both of these two books happen to have bees in the titles."



Laurie R. King

So King initiated “Fifteen Weeks of Bees,” a promotion of her new book, combined with an anniversary celebration for the first book in her series and a fundraiser for Heifer. She enticed readers to donate to Team LRK, her Team Heifer page, by offering rewards of Heifer Honey and a copy of the “Practical Handbook of Bee Culture,” a booklet of Sherlock Holmes’ observations on bees after his retirement from the London crime scene. Donors of at least \$60, the equivalent of two beehives, were entered to win the chance to have their names used for a character in King’s next book.



King mentions Heifer often on her website and blog (www.laurieking.com), and also donates proceeds from sales on her Amazon page to Heifer. The “Fifteen Weeks of Bees” is over, but the Team LRK website is still up at www.heifer.org/team and accepting donations.

The integrated campaign to raise money for Heifer while spreading the word about her new book worked well, King said. She captured a new audience of Heifer supporters who weren’t familiar with her books, and Heifer received more than \$12,000 in donations.

You don’t have to be a best-selling author to form your own Team Heifer. Log on to www.heifer.org/team to get started. This web page is also the place to go if you’d like to join an already existing team, or if you’d just like to make a donation.

Spread the joy of giving and let the world know the joy of receiving.

Holiday Wish List

- ☐ Heifer
- ☐ Sheep
- ☒ Goat
- ☐ Llama
- ☐ Flock of Chicks
- ☒ Trees
- ☒ End Hunger & Poverty

Create a Heifer Giving Registry and let your friends and family know peace and an end to poverty are on your wish list this holiday season. Setting up a registry is easy at www.heifer.org/registry.

- ◆ Create a personal page
- ◆ Select the animals you’d like to include
- ◆ Share with your family and friends

It’s also perfect for birthdays, weddings, Bar and Bat Mitzvahs or memorials.

www.heifer.org/registry



Women's Lambing and Livestock Birthing Programs

Around the world, Heifer International helps people create new beginnings with sheep, goats and other livestock. Now you and the special women in your life—grandmothers, mothers, daughters, sisters or friends—can experience the wonder of bold new beginnings and new life at the Women's Lambing or Women's Livestock Birthing program. It's a beautiful way to spend your spring vacation and learn more about how animals can help lift families out of poverty. Reserve your space now. Learn more at www.heifer.org/lambsandmore.

For more information, contact the Heifer Ranch at ranchevents@heifer.org or (501) 889-5124 or Overlook Farm at overlook.farm@heifer.org or (508) 886-2221.



PHOTO BY COURTNEY PERRY

Learning Center Group Programs

TOURS

Learn how Heifer's gifts of livestock and training improve nutrition and income for millions of families around the world. (pre-K and older)

Locations: Heifer Ranch, Overlook Farm, Howell Nature Center

HEIFER GLOBAL VILLAGE PROGRAMS

Heifer's Global Village programs give participants an unforgettable walk in the shoes of another to experience poverty, possibility and hope.

CULTURAL CONNECTIONS

Celebrate the culture of those helped by Heifer. While preparing and eating an authentic meal, enjoy traditional clothing, music, games and housing. (4th through 6th grades)

Locations: Howell Nature Center, Shepherd's Spring

GLOBAL EXPLORERS

Explore the globe ecologically, culturally and geographically

while investigating how everyday choices affect people and places thousands of miles away. (5th through 6th grades)

Locations: Heifer Ranch

GLOBAL GATEWAY

For one night, experience the daily struggles that people in poverty face simply to feed their families. At Heifer Ranch, the Global Challenge program combines Global Gateway and team-building in one trip. (6th grade and older)

Locations: Heifer Ranch, Overlook Farm, Howell Nature Center, Shepherd's Spring.

GLOBAL PASSPORT

This is the most challenging Heifer Global Village program. Spend two to three days and nights in the Global Village to gain a real understanding of the world's need for organizations like Heifer International. (9th grade and older)

Location: Heifer Ranch

SERVICE-LEARNING PROGRAMS

Service-learning programs combine experiential learning

such as a Heifer Global Village program with service activities. The service projects allow participants to give back while also serving as great educational tools. Participants learn how to milk goats, harvest crops or perform other farm tasks. (6th grade and older)

Locations: Heifer Ranch, Overlook Farm

Programs for Individuals

WOMEN'S LAMBING

Women have an opportunity to learn about Heifer's mission, participate in educational activities and experience a taste of light farm chores during a time when lambs are being born.

Location: Heifer Ranch

Program date: March: 18-21, 21-26, 26-28

WOMEN'S LIVESTOCK BIRTHING PROGRAM

Women have an opportunity to immerse themselves in the daily rhythms of a working farm while they learn basic animal

husbandry skills and about Heifer International's work around the world. The program focuses on the birthing process of goats, sheep, swine, cattle, rabbits and the hatching of chicks.

Location: Overlook Farm

Program dates: February 6-9, 9-12, 22-25, 25-28; March 26-29, 29-April 1 and April 5-8

WOMEN'S LIVESTOCK BIRTHING ALUMNI REUNION

An accelerated version of the Women's Livestock Birthing curriculum for past Women's Lambing and Kidding participants who wish to return for an even deeper experience.

Locations: Overlook Farm

Program dates: April 8-11

Public Events

In addition to these educational programs, our centers often plan special events. Contact your local center for more information.

Heifer University Programs

Short courses on Heifer's work and the issues related to world hunger and poverty are offered at Heifer learning centers throughout the year.

NOVEMBER 5-8

Heifer U 201: Making a World of Difference; Making a Different World: Creating Peace at the Grassroots Level.

Heifer Ranch

For information, e-mail heiferu@heifer.org or call (501) 907-2615.

Program Cost: \$225

(This includes all meals, lodging, program fees. Transportation to and from the Little Rock Airport is provided for courses at Heifer Ranch.)

Study Tours

AFRICA

Ghana/Senegal: March 8-20, 2010

Zambia/Malawi: May 16-29, 2010

Rwanda: July 2010

AMERICAS

Peru: Sept. 2010

Guatemala: Nov. 2010

Honduras: Nov. 20-27, 2010

ASIA/SOUTH PACIFIC

Vietnam: Dec. 28, 2009-

Jan. 7, 2010

Thailand: Jan. 10-18, 2010

Philippines: Feb. 14-26, 2010

Vietnam/Cambodia: Dec. 2010

CENTRAL/EASTERN EUROPE

Romania/Moldova: Sept. 2010

For more information,
e-mail studytours@heifer.org
or call (800) 422-1311.

Learning Centers Contact Information

HEIFER RANCH

Perryville, Ark.
(501) 889-5124
ranchevents@heifer.org
www.heifer.org/ranch

OVERLOOK FARM

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

HIDDEN VILLA

Los Altos Hills, Calif.
(650) 948-1621
Hidden.villa@heifer.org
www.heifer.org/hiddenvilla

Heifer Global Village Sponsors

HOWELL NATURE CENTER

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

SHEPHERD'S SPRING

Sharpsburg, Md.
(301) 223-8193
shepherds.spring@juno.com
www.shepherdsspring.org

*All learning center and
Global Village locations
are open year-round for
drop-in visitors. You may
also schedule a program
for your group.*

*Start packing —
and leave room for fulfillment.*

Join a small expedition to the remote villages where Heifer works. Trek into jungles, up mountains and onto the plateaus to visit the homes and hear the stories of the families we help. Share a meal of Tanzanian bananas, Peruvian yogurt or Nepalese cheese with the farmers responsible for the harvest. Discover you have more in common with men and women struggling for self-reliance than you ever imagined. And, just maybe, find yourself.

Tours to Africa, Asia, Eastern Europe, South America and within the U.S. are forming now.

Heifer Study Tours

Travel to a Better World.

Visit www.heifer.org/studytours for trip listings and dates – or see the calendar.





**"All decisions depend upon God,
but my desire is for my children to go to university."**

—BEATRICE EGOLET

A farmer, wife and mother of eight children, Egolet uses milk from her Heifer cow to feed her family and earn money for school fees. Egolet always wanted an education, but her parents sent only their sons to school. Today, she is making up for those missed years in a Heifer-sponsored literacy class. She and her husband are dedicated to helping all of their children finish school.

Photo by Geoff Oliver Bugbee

It doesn't take a lot to become a Friend.

Friends of Heifer are dedicated and compassionate people who agree to give as little as \$10 a month to help support Heifer's work with families in need around the world.

This steady, reliable stream of support can supply life-sustaining food and income to families who are struggling to break the cycle of poverty and hunger. As a Friend of Heifer, you will receive special monthly reports on how your commitment to end hunger and poverty is touching the lives of children and families.

To become a Friend of Heifer call 1 (888) 5-HUNGER 1 (888) 548-6437 or visit www.heifer.org/monthly



Benjamin Sanchez-Quispe, 7, and his sister Anita Sanchez-Quispe, 4, with one of the family's lambs in Peru.



Friends of Heifer

SEE ENVELOPE BETWEEN PAGES 6 & 7.



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This season, give gifts that give back. Turn to page 27 of this issue and browse the Heifer International Gift Catalog. Your gift to a loved one will give a needy family food, income and hope. There's no waste, no frantic shopping, and no wondering if it's the right gift.



WWW.HEIFER.ORG/WORLDDARK/CATALOG