

WorldArk

THE MAGAZINE OF HEIFER INTERNATIONAL® HOLIDAY 2010

HEIFER TANZANIA

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HEIFER[®]
INTERNATIONAL

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2010 Holiday
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Most Important
Gift Catalog in the World



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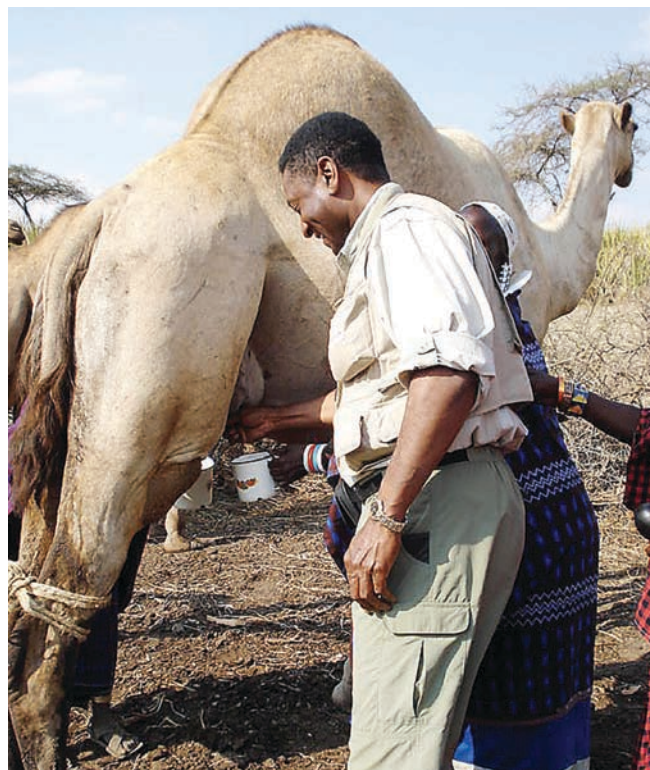
Dear Friends,

I HAD THE PLEASURE of visiting several Maasai villages during a 2008 Heifer Study Tour to Tanzania. I was proud to participate in their traditions and was humbled when they made me an honorary chief of their tribe—an honor I hold close to my heart.

In recent years, severe droughts in northeastern Tanzania have wreaked havoc on the primary sources of income and nutrition—cows and goats—for the Maasai in this region. As a result of the devastation, Heifer provided project participants with camels. The advantages of owning camels are many, but perhaps most important are a camel's abilities to thrive in an arid environment and to provide a sustainable milk source. Because camels can live up to 50 years and are able to produce several times more milk than local cattle, the long-term nutrition of the Maasai people is greatly enhanced. The Maasai can perhaps rest a little easier knowing that in the event of future droughts, they are more secure. The camel project in Tanzania is an example of how Heifer's approach to long-term sustainable solutions in the aftermath of disasters sets us apart from other organizations.

The value of Heifer's mission is also evident in our projects in Haiti. It has been almost a year since the catastrophic earthquake hit the island. Although Heifer is not a first-responder agency, we swiftly mobilized our resources and provided assistance to victims. You also responded to an immediate-recovery appeal that provided more than \$1 million in initial funding to help Haitians rebuild their lives. Through long-term programs that restore agricultural livelihoods, your funds are being used to "build back better." Working with local groups to build capacity by providing livestock, agricultural training and resources, we are helping to build the preparedness and resilience of Haitian farming communities, who will be able to better sustain their new, improved livelihoods in the face of future calamities.

I invite you to use the Heifer Gift Catalog for your holiday gift giving this year to make opportunities like those given to the Maasai and the people of Haiti possible for people



Charles Stewart gets firsthand experience milking a camel.

all over the globe. The gifts in this catalog help empower families to achieve self-reliance. And since our projects focus on sustainability, these gifts make a long-lasting difference in the lives of our project participants.

In exchange for receiving their animal and training in its care, each family agrees to give one of its animal's offspring to another family in need. This unique approach, called Passing on the Gift®, means that each donation you make through this catalog will have a widespread impact.

I thank you for your steadfast devotion to our mission. May you be blessed this season as you choose to bless others.
Sincerely,

A handwritten signature in black ink that reads "Charles O. Stewart".

—Charles O. Stewart
Interim CEO



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10 Maasai men take turns leaping and chanting in a traditional celebration. They now raise camels instead of cattle.

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COVER: Maria Paulo, women's camel project secretary, holds daughter Tumaini (Swahili for "hope"). Cover and top photo by Dave Anderson.

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SHOULD THE VEIL PREVAIL?

I applaud the work you do around the world. Your recent article on “Removing the Veil” [in the Fall 2010 issue] was read with interest. I would like your readers to know that wearing a veil is not always synonymous with oppression. Many variables play into wearing the veil, both cultural and religious. While certain cultures may treat women as inferior, there are no religions that promote this. There are many strong, educated women across the world who choose to wear the veil purely for religious beliefs, and it is seen as a sign of strength and faith.

LYNETTE WEHNER
Canton, Mich.

RECOMMENDED READING

[Regarding “Finding Peace in Play,” Fall 2010], have you read the true story of a similar quest to make a difference through sports with refugees near my home in Atlanta? A must read: *Outcasts*

United by Warren St. John. Keep up the good work with the next generation!

BARB TOWNSEND
Lawrenceville, Ga.

DEBATING NOSE HALTERS

Kudos to Ms. Hinch [“Against Nose Halters,” Fall 2010 Letters page]. No matter what Dr. Wollen states, nose halters are cruel. It was just until a few years ago that veterinarians did not believe in pain medications for animals. I ride a Tennessee Walker horse, and while most people use cruel and harsh bits, I ride in a bitless bridle. More and more disciplines in the equine world are going bitless. Using a halter with a chain under the chin is more humane than the nose halter. You can see in the animal’s face that he is in pain. My husband and I are going to rethink our donation to your organization due to the response from the vet. You can’t just hand over livestock and let them use it with cruel handling methods.

BRUCE AND GAIL ELLSWORTH
Bayfield, Colo.

As a supporter of Heifer International, I found Dr. Terry Wollen’s response to the letter of Georgie Hinch to be incredibly insensitive and discouraging. Yes, no doubt inserting a nose halter into an innocent water buffalo is an “easy and inexpensive” way to control it, but does that justify cruelty? Whereas a human chooses to have an ear piercing, choice is not an option for the water buffalo. This is simply one more instance where humans claim the right to exercise their supposed superiority over their fellow creatures of God. And yes, while Hinch and I may be guilty of judging other cultures by

our supposedly superior First World standards, somehow I had the idea that one of Heifer’s goals was to improve conditions in areas in which it serves. Surely someone at Heifer International can do better than this.

SCOTT OGILBY
North Little Rock, Ark.

The letter from one Georgie Hinch reveals a lack of knowledge as regards the proper handling of dangerous livestock. I grew up in Texas; the installation of rings in the noses of all male bovines used as breeding animals on the dairy farms was commonplace. Inflicting pain is not something any of us in the livestock industry enjoy, but sometimes it is the only way to control the brute strength of a bull or stallion. I imagine that holds true for dealing with livestock the world over.

MIKE HANKINS
Helena, Mont.

I have read the Fall issue and would like to encourage Georgie Hinch of Vidor, Texas, to write a grant and contact manufacturers of animal halters for donations to Heifer International.

JILL THOMAS
Johnsonville, N.Y.

Who is your 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, and may be featured in the magazine. Please limit your nominations to 250 words or fewer.

Post your nominations to
www.heifer.org/worldark/heroes
or e-mail them to
worldark@list.heifer.org.
We reserve the right to edit
responses for length,
clarity or grammar.

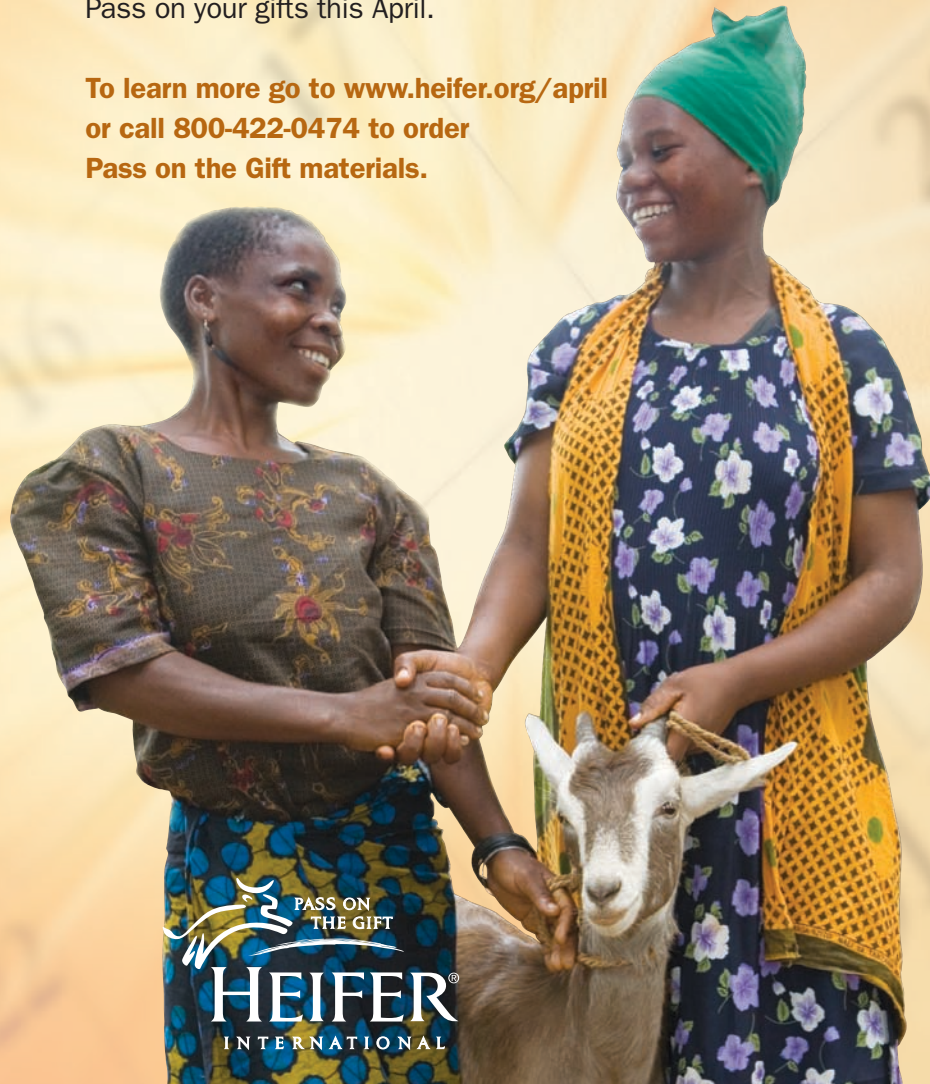
We want to hear from you! Please send your comments to worldark@list.heifer.org. Include your name, city and a telephone number or e-mail address. Letters may be edited for length and clarity, and may be published online as well as in print. Because of the volume of mail we receive, we cannot respond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

APRIL 2011

We can't end hunger overnight, so we set aside April.

Each animal Heifer gives to a struggling family will be passed on an average of six times. This April, we're looking to you to have the same impact on ending hunger and poverty. For Pass on the Gift Month, you can help us reach one million struggling families by spreading the word about Heifer's work. Do whatever suits you: cook a meal for friends and discuss Heifer, talk to your school or congregation, write a blog post or host an event and collect donations. We only have 30 days. Pass on your gifts this April.

**To learn more go to www.heifer.org/april
or call 800-422-0474 to order
Pass on the Gift materials.**



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Charles Stewart



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To change or remove an address,
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Since 1944, Heifer has helped 12.5 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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The FSC Logo identifies products which contain wood from well managed forests certified in accordance with the rules of the Forest Stewardship Council.



Trickle-Down Technology

Cell phones have long been status symbols, but can they also be effective tools in fighting poverty in developing countries? Yes, says Grameen Bank founder and Nobel Peace Prize winner Muhammad Yunus, who said, "When you get a mobile phone it is almost like having a card to get out of poverty in a couple of years."

Uganda

Uganda, where the percentage of mobile phone subscriptions has risen from 0.2 percent to 23 percent in less than 15 years, is the first African country where the number of mobile connections surpassed landlines. The percentage of Ugandans with a mobile subscription is now more than double the number who have electricity.

Where in the World

Countries by total number of cell phones:

- China 796,000,000
- India 617,530,000
- United States 285,610,000
- Russia 208,330,000
- Brazil 183,700,000

Flush With Phones

India had more mobile phones than toilets in 2008, according to a U.N. sanitation study.

0.8%

Boost to a developing country's gross domestic product resulting from a 10 percent increase in the number of mobile phones, according to research by a World Bank economist. A London School of Business study put the increase at 0.6 percent.

4.6 billion

The number of mobile phone subscriptions—more than half the world's population—by the end of 2009.

1.9 billion

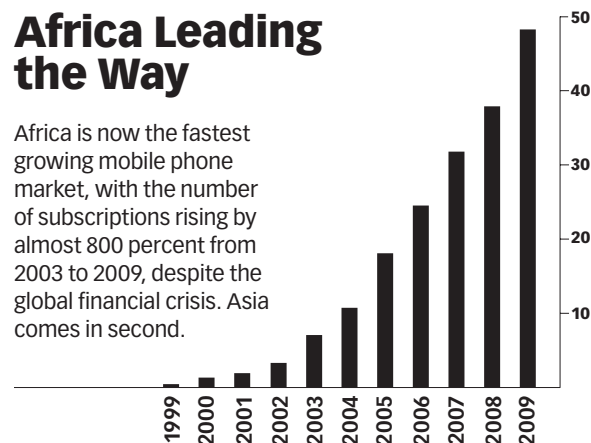
Number of new mobile phones connected between 2006 and 2009. Of these, almost 1.6 billion were in poor countries.

86%

of the world's population, and 75 percent of the world's rural population, are covered by a mobile cellular signal.

Africa Leading the Way

Africa is now the fastest growing mobile phone market, with the number of subscriptions rising by almost 800 percent from 2003 to 2009, despite the global financial crisis. Asia comes in second.



Mobile phone subscriptions in Africa per 100 inhabitants



A Little Perspective

Unemployment in the U.S. hit 10 percent by the end of 2009, the highest point in almost a quarter century. But unemployment is much worse in other places in the world. Eight places around the world have unemployment rates above 20 percent.

Macedonia	33.8%
Armenia	28.6%
Algeria	27.3%
The West Bank & Gaza Strip	25.7%
Bosnia and Herzegovina.....	23.4%
South Africa	22.9%
Namibia.....	22.0%
Colombia.....	20.5%



Careful With That Wrapping Paper!

Not to put a damper on your holidays, but all the shredded wrapping paper and ribbons do have to go somewhere. During the holiday season, from Thanksgiving to New Year's, Americans generate an additional 5 million tons of trash, 4 million of which is wrapping paper and shopping bags. But not all of you are naughty. In a recent survey, 53 percent of adults said they have saved and reused wrapping paper.

Giving by the Numbers

Total giving to charitable organizations in the U.S. was down more than 3.5 percent in 2009 compared to the previous year—\$303.74 billion in 2009 from \$315.08 billion in 2008. That's no surprise, given the state of the economy. What may surprise you is that gifts to international charities, human service charities and animal and environmental charities all grew, though slightly. Public benefit charities and arts, culture and humanities organizations were not so lucky. Their numbers fell.

Jargon

DROMEDARY: The single-humped Arabian camel, which is most commonly domesticated in the Middle East and Africa.

Harvest

Celeriac (Celery Root)

Hard as a rock and with a face only a mother could love, the gnarly brown tuber celeriac, or celery root, won't win any culinary beauty contests, but it's secretly a dynamo in the kitchen. This diamond in the rough, a relative of ordinary celery, is delicious when added to soups or roasted as a side dish. But its real genius shines when it is shredded raw in coleslaw, livening up holiday dinner tables with its fresh crunch and bright, delicate flavor.

Celeriac Slaw

Like traditional coleslaw, celeriac slaw can be augmented with whatever crispy raw vegetable or fruit you've got on hand, from red bell peppers to carrots to jicama. Here, tart green apples make a welcome complement to the celery flavor, and a bit of ginger in the dressing gives it a spicy kick. (Note: Because celery root is hard to cut, shredding it is fairly labor-intensive without a food processor.)

Trim the small roots from the celeriac and peel. Cut into pieces small enough to fit into the food processor and shred coarsely. Shred cabbage and apples in the

same way. (Leave apples unpeeled for more texture and nutrition.) Mix all together. In a separate bowl, mix dressing ingredients and pour over the slaw. Adjust seasoning to taste. This recipe can be made a day in advance and kept refrigerated. Serve chilled.

Celeriac Slaw

Ingredients:

- 1 celery root, no larger than a softball
- 1 small cabbage, red or green
- 4 Granny Smith apples

Dressing:

- 1/4 cup plain yogurt
- 1/2 cup mayonnaise
- 1/4 cup olive oil
- 2 tablespoons Dijon mustard, more to taste
- 1 tablespoon grated fresh ginger
- 2 tablespoons apple cider vinegar
- 1 tablespoon sugar
- salt and pepper to taste



Less Really Is More

It's easy enough to talk about changing the world. This year, help the people you love really understand how important their contributions can be. Plan a get-together for your friends and family (if you already have an annual party tradition, make this part of it) at which you set aside a certain percentage of the food-and-drink budget. Whether it's 10 percent or 90 percent, use those funds for food or other supplies for a local charity. (Be sure to check with charities to see what they can use—many are overwhelmed with donations this time of year, and you want your contributions to be useful.) Set aside a table at your party for those supplies, with a note of explanation. If you like, you can mention your plans in your party invitations and give people a chance to bring their own contributions in lieu of



holiday gifts or goodies. You—and your guests—will be surprised at how little the “cutback” affects your own party, as well as how much satisfaction you all get out of the small sacrifice.

The Gift That Keeps On Giving

If you've ever benefited from your neighbor's cucumber surplus or driven back from a visit to your country-dwelling relatives with a trunk full of fragrant peaches, you know how nice it is to have fresh, seasonal produce. This year, share the abundance and support local farmers by giving those on your list a membership in a CSA (community-supported agriculture) farm, allowing them a share in the entire season's harvest. To make it easier, many CSAs even offer gift certificates. Members can pick up their food periodically at local sites, or you could do the delivering yourself, as part of your gift. In addition to fruit and vegetables, some CSAs offer eggs and dairy products as well as sustainably raised meats. Harvests will vary by region, but members can expect to have a variety of fresh produce throughout the growing season, making this an especially welcome gift for the housebound.



To find a CSA in your area and other helpful resources, visit www.nal.usda.gov/afsic/pubs/csa/csa.shtml.

The Family That Cooks Together, Stays Together

If you plan ahead this year, it's possible to put together inexpensive holiday gifts that preserve culinary and family traditions and encourage healthful home cooking. Try compiling a collection of family recipes and have a family cookbook printed and bound for each household on your list. Include old favorites from past generations and solicit contributions from new in-laws. Your local office supply store can probably help you assemble the original for reproduction—use the original handwritten recipes if you have them! This project is also great for church groups, moms' groups and other social clubs.

Blogging Across Africa

Interview by Sherri Nelson,
World Ark contributor

Danielle Nierenberg, project co-director for Worldwatch Institute's *State of the World 2011*, traveled to more than 25 sub-Saharan African countries in 2010, seeking out the most effective agricultural innovations that promote sustainability, biodiversity and ecosystem health. Her blog posts at Nourishing the Planet (nourishingtheplanet.org) allow Nierenberg to share her two passions with the world: telling the stories of the farmers she meets and researching innovations that can help end hunger.

WorldArk: *Why was Nourishing the Planet started?*

DANIELLE NIERENBERG: The blog gives us a chance to highlight all the great projects we're seeing on the ground and share [project participants'] personal stories, photos and videos. We're creating interest for *State of the World 2011*, for which the working title is *Innovations That Nourish the Planet*. African authors and people working on the ground to help solve some of the issues that we'll be highlighting in the book will write many of the chapters and vignettes.

We are writing *State of the World 2011* to reach as broad an audience as possible. I'm tired of all the negative images we see about Africa in the news—images of famine, disease, HIV/AIDS. It's easy to feel powerless or that there isn't any hope of creating change. *State of the World 2011* attempts to accomplish the opposite by telling stories of hope and success and offering examples of simple innovations that can easily be shared and replicated. Projects like

Heifer's small-scale livestock programs outside Kigali, Rwanda and in rural Ghana that we visited are good examples, where farmers spoke to us in their own words about how organizations like Heifer help empower them and enable them to lift themselves and their families out of poverty.

How long have you been working on Nourishing the Planet?

We received our funding in June 2009, and the project will go through May 2011. The Bill & Melinda Gates Foundation funded the project through a two-year grant.

The project's purpose is to assess the state of agricultural innovation. What have you discovered so far?

Farmers know best, and they learn best from one another, not from NGOs and development agencies. Agriculture needs to be made more attractive—and more economically viable—to youth in order to keep kids on the farm. Without access to viable and sustainable markets, it doesn't matter what types of

innovations farmers are using because they won't be able to sell their crops and make an income.

How did you determine which projects to visit?

Before the project started, we spent months researching and contacting projects on the ground to visit. After being on the road in Africa for nearly a year, at least 50 percent of the projects are now contacting us, reaching out to us via our blog, our newsletter, through published articles—even Facebook.

My hope is that World Ark readers will contact me [dnierenberg@worldwatch.org] with ideas, contacts and projects from all over the world that should be highlighted: innovations from the United States to the most remote corners of Africa. Also, when we visit projects that we feel are doing interesting work, we pick their brains for other contacts that they recommend, projects that might not have a website or a way for us to find them. Word of mouth on the ground has led us to some of the most interesting innovations we've reported on.



Danielle Nierenberg visits a gardening project in the Kibera slums in Nairobi, Kenya.

What are the innovations that will be tomorrow's agricultural all-stars?

I think there are some really exciting innovations in urban farming. Because 50 percent of the world's population now lives in cities, finding ways to feed city dwellers is becoming more important than ever. In Kibera, sub-Saharan Africa's largest slums [located in Nairobi, Kenya], women are growing food in what they call "vertical gardens," or rice sacks filled with dirt. The spinach, kale, lettuce, tomatoes and other food they're growing not only feed their families, but is also sold for income. These sacks became a vital source of food security during 2007 and 2008 when there were strikes in Nairobi that kept food from coming into the slums.

I'm also impressed by all the innovations in schools to encourage youth to become more involved in preserving indigenous and local foods. In Uganda, Project DISC (Developing Innovations in School Cultivation) is working to help schools build gardens to provide daily meals for students and reignite an interest in—and a taste for—indigenous

and local varieties of vegetables that are being neglected. By teaching children about vegetables and showing them how good they taste, DISC is helping preserve both agricultural and cultural biodiversity.

What is the next phase of the project?

We're putting [State of the World 2011] together now. It will include 15 chapters on innovations that nourish both people and the planet. The

book comes out in January 2011, and we'll have press launches in New York, [Washington,] D.C., and around the world.

After the release of *State of the World 2011*, I will come back to Africa, both to launch the book and to continue to highlight innovations. For the next year, I plan to travel and report success stories, not only from some of the poorest and most remote parts of Africa, but also from the United States, Europe and other parts of the world.

This year and next, we will plan more than 100 stops in 25 U.S. states to meet with farmers and speak at churches, high schools, colleges, senior centers and with journalists. I hope to meet *World Ark* readers and Heifer supporters along that journey.

Why has social media been such an effective communication tool for Nourishing the Planet?

Using tools like Facebook and Four-square and other social media has been highly effective. One of the most important parts about social media

is that it allows conversation. Many of the projects I visit on the ground are recommendations that come from the blog, Facebook, Twitter, our newsletter, Flickr, etc. I learn so much from readers and these suggestions, and they really help enhance our work and tip us off to new perspectives. That's what makes it such an effective communication tool for Nourishing the Planet.

You mentioned that the best solutions often have low-tech and high-tech components.

How can those of us who are low-tech and those who are high-tech follow your work?

In addition to the blog, we have two weekly newsletters: one that summarizes our work from the past week, highlighting different groups and projects, and one that just focuses on a single innovation. I've also been placing op-eds in newspapers all over the world, giving people a chance to learn about the project we're seeing. I'll be speaking at different universities and meet-ups this fall, talking to people and letting them know about all the innovations that are working to help farmers and communities in sub-Saharan Africa.

In January, *State of the World 2011* will be released worldwide in 20 languages.

Danielle Nierenberg's research is the foundation for State of the World 2011, the go-to publication on environmental sustainability for nonprofits, governments, policymakers, foundations and governments. The Worldwatch Institute is an independent research organization that informs governments, corporations, charitable organizations and individuals about solutions to climate change, resource degradation and population growth. For more information or to purchase the book, visit nourishingtheplanet.org and stateoftheworld2011.com.

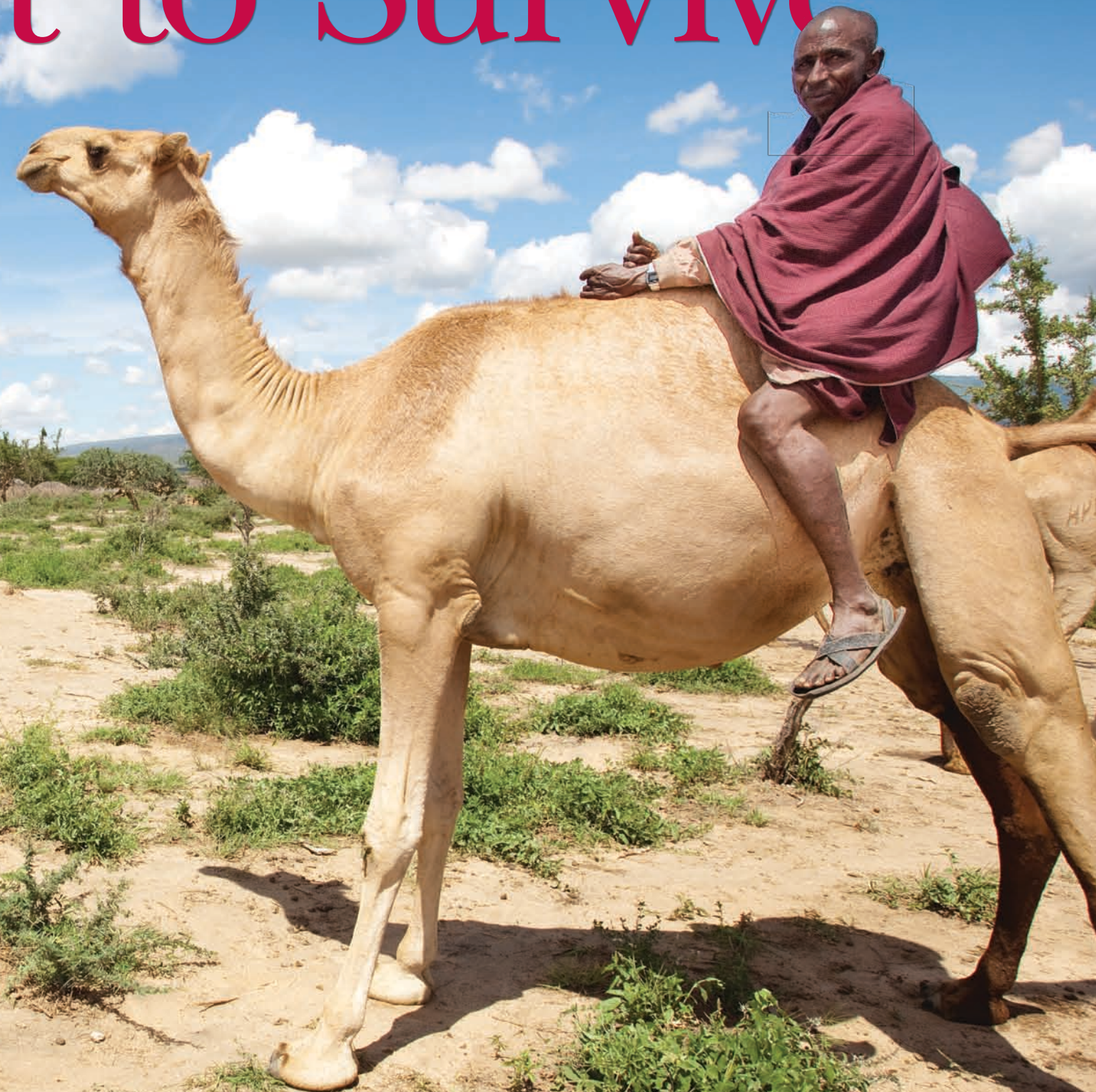
Maasai Adap

In Tanzania, Heifer camels step in to provide sweet, nutritious milk, transportation and income as climate change and extreme drought challenge a community's traditional way of life.



BY DONNA STOKES, WORLD ARK MANAGING EDITOR
PHOTOS BY DAVE ANDERSON

t to Survive



Paulo Ole Sadida rides a camel bareback in Ketumbeine Village, Tanzania. He says the camels help his family carry wood and water.



Camel milk is full of nutrients to help children grow strong and healthy. It has roughly three times the vitamin C of cow milk.

KETUMBEINE VILLAGE, TANZANIA—Thirty camels emerged towering and muscular from the African bush with hardly a sound. Fleet-footed Maasai men gracefully darted through the scrubby brush and sand-hued flanks, herding the animals with shouts toward a pen near their settlement in northern Tanzania. Four calves, protected from predators with a thick briar fence, bawled loudly for their mothers and breakfast.

Less than 20 years ago, the Maasai were herding and milking cattle, not camels. But a catastrophic drought brought on by climate change wiped out their grass-dependent livestock herds, leaving once-thriving families desperate.

“It was bad when the cows died,” said Maria Paulo, Heifer project participant and secretary of the Nanyor Women’s Camel group. Adorned in layers of white-beaded necklaces and dangling earrings, Maria Paulo spoke

in the Maasai language, which was translated to English. “We were in a very bad situation,” she said, with little to eat. There was no milk for their children. They had nothing to sell to buy food or other necessities. The government provided some staples such as rice and corn meal, but it was not enough.

For the first time in memory, they faced an uncertain future. The Maasai, nomadic cattle herders for thousands of years, need look no further than the barren, thick sand

at their sandaled feet in northern Tanzania for a reminder of today's persistent drought. Each year, from July to November, it comes.

These families, with Heifer Tanzania's guidance, learned they must adapt to survive.

From Cows to Camels

In the mid-1990s, the dry season across Tanzania turned disastrous. Weeks passed with no rain. Then months. Almost every cow, in herds of hundreds, died. Year after year the rains failed to come; the final blows for this set-

tlement came between 2007 and 2009. Grasses and water sources necessary to support their primary income from cattle dried up. They began selling their gaunt cattle for as little as \$5; those not sold perished.

"The Maasai depend on cows for food, income—everything," said Peter Mwakabwale, Heifer Tanzania country director. "When their cows died they went back to square one, to poverty."

Heifer Tanzania, formed in 1973, wanted to help. Heifer was part of the first effort to bring camels to Tanzania from neighboring Kenya in the 1990s to offer an alternative to the local cattle. Dromedary camels, distinguishable by their single hump, can go for days or weeks with little or no food. They need to drink water only once every two weeks or so and can guzzle up to 30 gallons at a time.

Historically, Maasai wealth and their way of life came directly from cattle, and God. The Maasai believe their god, Engai, who dwells above Mount Kilimanjaro, divine-



Maasai women build their homes (shown at left) from animal dung, mud and acacia twigs and top them with thatch. The camels (below) have adapted well to this drought-parched area of northern Tanzania. They graze on surrounding trees and need much less water than cattle to survive.





The Maasai enjoy the sweet taste of camel milk, especially with tea. They also sell the milk for income to buy other necessities.

ly bequeathed all cattle to the Maasai. Their diet, particularly that of the male warriors, was restricted to milk, blood and meat.

So Heifer had some convincing to do to when it suggested camels as a way to weather the drought. The Maasai preferred cattle milk and were taken aback by the large size and strange ways of the camels. Adult camels stand up to 12 feet tall and can weigh from 550 to 1,500 pounds. They live up to 50 years and can sometimes behave unpredictably.

“Why should the Maasai accept camels? It’s not their culture,” Mwakabwale said. “So we tried to explain to them the benefit they can get from camels. Meat, milk, draft power—you can use them to carry water and other things. When I sit down with them they accepted it.”

The promised benefits quickly materialized. The large, lumpy ruminants with beefy eyebrows and bemused expressions quickly made themselves right at home with the Maasai in Ketumbeine. Acacia and other native trees,

washed green amid this rainy season, provide all the feed the camels need. The stately new members of the community, heads held high, melded beautifully into the vibrant setting rich in colors and culture. As young Maasai warriors leaped athletically to amazing heights and women bobbed and chanted in broad, beaded collars in a traditional dance, the camels offered their own contribution: a reason to celebrate.

The Heifer camels continue to produce milk throughout the dry season, up to two or even three gallons a day for each camel, said Paulo Ole Sadida, Maria Paulo’s husband and group adviser for the women’s camel project. That’s several times more than the local cattle produced even in good years.

“Before, when cows and goats quit producing milk or get sick or die we would have nothing,” he said. “Yet with the camels we always have something. Now we’ve got something sustainable whether the drought is here or not.”



“When the **camels** came we were told that if you train a camel to help **carry water and firewood**, the camel can do that.”

Burdens Well-Borne

Soon after the camels ambled into their pen, the women got right to work drawing the sweet, nutritious milk for their families' breakfast. Two or three women worked on either side of each camel, a calf nudging in to get his share as the buckets quickly filled. The sun rapidly heated the open pen, and short exchanges of murmured conversation between the women punctuated the sounds of calves suckling and milk splashing against the sides of the plastic containers.

“It’s delicious,” said Maria Paulo. “The best benefit of the camels is the milk. We drink it and take the rest to town to sell. The milk provides income and food for our families.”

Milking the camels is just a small part of their workday. Maasai women shoulder primary responsibility for most of the other day-to-day labor in their villages, a timeworn tradition that continues to thrive. They build the manyattas, round huts crafted from animal dung, mud and acacia twigs and topped with thatch and encircled with rings of briars to ward off predators. During the rainy season, regular repairs are required to patch the walls of their homes and roof material washed away in the storms.

The women also gather firewood and haul water for drinking and washing. They raise the children, cook the meals, boil the tea, and water and care for the animals.

After the cattle died, the women tried selling their beautiful beadwork in town, but the income from that was not dependable. So they asked for help. They received 31 camels in 2008 from Heifer Tanzania and its partner, the Evangelical Lutheran Church of Tanzania. They were pleasantly surprised at how much help the camels could provide beyond the milk.

“When the camels came we were told that if you train a camel to help carry water and firewood, the camel can do that,” Maria Paulo said. “So the camel gives you milk, helps you to bring water for your family, water for young

calves, water for our goats.”

The camels have lightened the women’s workload considerably, with the unexpected benefit of improved gender equity in this male-dominated culture. Previously, hauling water and firewood was women’s work alone, but now the men assist with these chores, leading the camel and helping to load it. While the women milked the camels, several men huddled around a limping animal in the pen, working to pull out a thorn.

Nembris Paulo, Paulo Ole Sadida’s first wife, said the women were still getting used to the camels and appreciated the men’s help. “They are new animals to us,” she said. “They are huge and a little scary when they move quickly.”

More training is still needed, Nembris and Maria Paulo both said. Only one camel is trained to kneel and carry loads; it would be helpful if they all could.

“It would also be useful to have help learning to market the camel milk,” Nembris Paulo said. “Many people, like us at first, don’t know about camel milk and say they don’t like it,” even if they haven’t tried it.

For the men, not much else has changed in their primary role of taking the animals to graze and protecting them from predators. In fact, the camels are simpler to care for than the cattle, said Paulo Ole Sadida.

“It’s easier to handle the camels because when you train them to stay in a certain area, they stay,” he said. “With the cows, sometimes you need to walk a very long distance to find grass they can eat. But you can graze the camels here today and you move a shorter distance.”

The group adviser, who earlier had leaped on the bare back of a kneeling camel to demonstrate how to ride one, also praised the many benefits of the animals. “We live in a hard place,” he said. “There is no transportation. We have to go far for water and firewood. The camels are most useful for the transportation.”

And, he added, if you ride one to the top of a hill, you can see a very long way.



Improved Nutrition

After the morning milking, another member of the camel group, Nai Paulo, her silver jewelry arrayed across her forehead, nose and angular cheekbones, hurried back to the *boma*, or grouping of huts, to make tea and porridge for the children over a small fire surrounded by rocks. A dozen or so children gathered under a nearby tree, their large brown eyes on the blackened pot as the milk mixed with water began to boil.

Nai Paulo, Paulo Ole Sadida's sister-in-law, added tea leaves to the mix and tossed in a spoonful of raw sugar. After the tea properly steeped, she skimmed each leaf one by one out of the pot. She sampled the tea with a spoon for taste, and then added a bit more sugar. When she got the taste just right, she poured the liquid through a sieve into eight white porcelain cups with blue rims and tiny blue, red and yellow flowers painted on the side and one lone red plastic mug.

Because there weren't enough cups for everyone, the children stepped up one by one for their helpings, tipping the vessels nearly vertical to get every last drop. The

cups were then washed and refilled again until everyone had his fill.

Nai Paulo next prepared the porridge, made from corn flour, water and milk, and served it in the same cups.

Meanwhile, much like the giraffes that roam freely in their front yard, the camels nibbled choice leaves that provide them with nutrients that are also transferred to their milk. For instance, camel milk has roughly three times more vitamin C than cow milk. Just yards from the families' huts, a few camels chewed delicately on broad acacia trees, batting their long eyelashes to keep out the dust. One pair went for the same leaves, bumping lips in a clumsy kiss.

Nearby, dozens of bleating goats, the bells around their necks clanging, ran past the children at their breakfast as men herded them into the shade of a nearby tree. The herdsmen pulled up low, hand-carved stools made of acacia wood and reclined to watch the women work.

"Our nutrition is much better now," Paulo Ole Sadida said, smiling as he watched the children drink, thick porridge dripping down their faces.

Nai Paulo (at left) strains tea leaves from camel milk as she prepares breakfast for the village children, who drain every last drop from their cups. Members of the Heifer camel project (below) relax in the shade.





Paulo Ole Sadida, group adviser for the women's camel project, says, "We've come to see that camels can do the best of all the animals where we live, in the conditions we have now."

Room for Both Culture, Change

Life in this settlement is still quite traditional. Families live in round huts of the same type displayed for tourists in the Maasai Cultural Museum in the bustling city of Arusha. Their food comes from milk and livestock, though they also buy grains, honey, sugar and tea with income from the animals. They do not farm here. With no refrigeration or electricity, they still store milk in a hollow calabash treated with smoke from the oloirien (wild olive) tree, as their ancestors have for centuries, perhaps even millennia. The technique preserves milk or porridge for up to a week.

Yet change and adaptation are also increasingly part of their lives. It's now against the law in Tanzania to kill lions—formerly the male warrior's rite of passage to marriage—and for young women to be circumcised. Wildlife park boundaries and private land limit the wanderings of the Maasai, meaning some settlements are now semi-permanent. For the Nanyor Women's Camel group members and their families, they have agreed to not move until their Passing on the Gift requirement is complete. This process takes years, since camels are pregnant for 13 months, and baby camels need to be with their mothers for several years before they can be separated. For this reason, more of the Maasai children will be in one place long enough to go to school.

"We like all the animals and find them all useful, but

we've come to see that camels can do the best of all the animals where we live, in the conditions we have now," Paulo Ole Sadida said.

Country Director Mwakabwale said Heifer now has many requests for camels from other Maasai communities that it doesn't yet have the money to support. Just one camel costs up to \$750 before transportation and training costs, he said.

"We can see the changes of the culture," Mwakabwale said. "It is a very rigid society. Elders punish any variation. To see them changing, to drink camel milk and accept that change, that is something."

The culture will still be here, Paulo Ole Sadida said. "It's possible to keep our culture and also have progress. We're trying to get rid of some things that mean nothing to make room for new ideas."

One word in the Maasai language best describes the Heifer Tanzania camel project for his family and settlement, he said. It's *dupoto*, or "success." No longer is he as concerned that the Maasai, and his family, will be left behind by the world. Income from the camels is already helping him send his eight children to school.

"When the number of camels increases and we can

Maasai women (opposite) help each other prepare for a traditional dance. Talented artists, the women craft the colorful beadwork to both wear and sell.

“To see them changing, to drink camel milk and accept that change, **that is something.”**

better market the milk for income, we hope for a better education for our children,” Nembris Paulo said.

When they finish their secondary education, the children will come back to the village to teach the adults how to live a better life, Paulo Ole Sadida said. “We feel we are secured in that way” for the years to come.

At day’s end, the camels were rounded up once again for milking and safe harbor in the briar pen. Women from the camel group, some carrying dozing babies, walked in groups quietly toward their homes. The men followed,

singly. Paulo Ole Sadida looked back briefly to the camels settling in for the night, his fears for the future—for now—also at rest. ■

Editor's note: Translator Simon Sandilen, Heifer Tanzania's senior logistics officer, is Maasai and grew up in a community not far from Ketumbeine near the Kenya border. He ran away from home at age 10 to attend school, which was not then accepted for Maasai children. He has worked with Heifer for 24 years.



Camel-Friendly Farmer

PHOTOS BY **DAVE ANDERSON**

SAME, TANZANIA—Timothy Sheghere Mgonja and his camels have an understanding. They take care of each other.

A Heifer Tanzania camel farmer since 2003, Mgonja notes that although the animals' individual personalities are quite evident, some of their quirks are universal. For example, he explained how little camels enjoy working in front of a crowd. "When you try to load up a camel, or work with a camel with other camels and a crowd around, the camels protest," he said.

"They make noise and get skittery. They imagine the others looking at them and they feel put upon because they're being asked to work and the others aren't. They feel oppressed."

So when it's time to load a camel to carry water, Mgonja pulls the worker aside so the others can't

watch. "Then there's no problem; they don't protest," he said.

He also came up with an ingenious method for loading and unloading the tall, muscular animals. Trainers teach farmers to tap the camels gently on the knees with a stick so they know to sit for a load. Yet Mgonja spent three to four days with several camels, teaching them to kneel and to stand back up with the clapping of his hands. He applauds; they bow to accept.

"I am a creative man and I'm wondering why do people use a stick to instruct the camel to kneel? What does it mean to the camel? It's a sign he should sit. Why don't we try something different?" he asked.

"I developed my own method of clapping. I tried it and it worked out, so now I use it on the camels trained that way. It's nicer for the camels, I think. To me a stick is a sign of forcing or scaring, but clapping is a friendly way to work with them."

He asked Heifer to provide camels for his community farm group after watching delighted children ride camels at a tourist park in Arusha. He asked the park workers how much money camels make them on each ride. He was pleasantly surprised. When he learned of the other extraordinary benefits of camels including milk production and their ability to haul water and firewood and even to pull a plow, he was completely sold.

"I left with a dream about camels," Mgonja said. "I was eager to get them." The group near the town of Same now shares profits from 14 camels and will soon pass on the gift of five females and one bull to a neighboring community.

"We came up with this idea of getting camels because we were in trouble. The children could not go to school. Also, our shelters were so poor; we wanted to improve our shelters. The indigenous cattle and goats we kept before were not provid-



Timothy Sheghere Mgonja and his wife Hanaeli Mshana say the camels helped them send their daughter Sifa, age 7, to English primary school.

Makes Polite Innovation



Timothy Sheghere Mgonja is surrounded by his family in the new home he built with income from the Heifer camel project. It took him three years to build the house, forming and baking each clay brick by hand.

ing our necessary needs.”

The lives of those in the camel group changed quickly after they received the camels. “When we started selling the milk, we started sending children to school right away,” Mgonja said. “My last-born daughter Sifa is attending an English primary school— it’s expensive— not many people can do that. She started in kindergarten, and is now in second grade.” Her favorite subject is math.

Mgonja moved his family from their old two-bedroom home to a new one with four bedrooms, a sitting room,

kitchen and dining room. He hopes his farm group can buy more land to expand its camel business. He would also like to add a bathroom to his new home “to honor the girls.”

“From all activities I’ve been doing since I became an adult, I came to realize this is the best job to do, that is to take care of camels,” he said. “I feel like I am very much gifted to learn ways of taking care of camels in a friendly way.”

— Donna Stokes

BREAKING OUT OF POVERTY: Dave Anderson captures Heifer Tanzania success stories and the beauty of the country in a video at www.heifer.org/worldark



PHOTOGRAPHS BY DAMON WINTER/THE NEW YORK TIMES

*Monique Alexandre, 45, with rollers in her hair, is overseeing the laying of a foundation for a new house —
"with a tin roof that cannot crush us!" she said.*

Rural Haiti Struggles to Absorb Displaced

Life Goes Full Circle for Urban Dwellers

By Deborah Sontag, *The New York Times*

FOND-DES-BLANCS, HAITI — Before the earthquake that changed everything, Chlotilde Pelteau and her husband lived a supremely urban existence. A cosmetics vendor and a mechanic, they both enjoyed a steady clientele and a hectic daily routine, serenaded by the beeping cars and general hubbub of Port-au-Prince.

Now, as roosters crow and goats bleat, Ms. Pelteau, 29, toils by day on a craggy hillside in the isolated hamlet of Nan Roc ("In the Rocks"), which she had abandoned at 14 for a life of greater opportunity. At night, she, her husband and their two children sleep cheek-to-jowl with a dozen relatives in the small mud house where she grew up.

"With everything destroyed, what could I do but come back?" said Ms. Pelteau, wearing a floral skirt as she poked corn seeds deep into arid soil unlikely to yield enough food to sustain her rail-thin parents, much less those who fled the shattered capital city to rejoin them.

Life has come full circle for many Haitians who originally migrated to escape the grinding poverty of the countryside. Since the early 1980s, rural Haitians have moved at a steady clip to Port-au-Prince in search of schools, jobs and government services. After the earthquake, more than 600,000 returned to the countryside, according to the government, putting a serious strain on desperately poor communities that have received little emergency assistance.

"There has been a mass exodus to places like Fond-des-Blancs," said Briel Leveill , a former mayor and founder of the leading peasant cooperative in this region, which includes Nan Roc. "But the misery of the countryside is compounding the effects of the disaster. I've heard people say it would be better to risk another earthquake in Port-au-Prince than to stay in this rural poverty without any help from the government."

Indeed, some have already returned to the capital seeking the international aid that is concentrated there. But if the reverse flow continues, it could undermine a primary goal of the Haitian government and the international community: to use the earthquake as a catalyst to decentralize Haiti and resuscitate its agricultural economy, said Nancy Dorsinville, a special adviser to former President Bill

Clinton, the United Nations special envoy to Haiti.

"If we really mean what we say about decentralization, then we have to think fast about a more robust distribution of food to the countryside, cash-to-work programs there, and assistance to agriculture," Ms. Dorsinville said.

Decentralization has long been championed by many advocates for Haiti because the countryside endured decades of neglect while the Port-au-Prince area gained dysfunctional congestion. Now, with the capital city battered, it has become a policy buzzword, even as food is growing ever scarcer in the countryside.

"It is only a matter of time before we start seeing severe malnutrition in Fond-des-Blancs," said Conor Shapiro, director of the St. Boniface Haiti Foundation, which runs a 60-bed hospital and community development organization here.

So far, there has been nothing less than a welcome mat provided for the returnees, who are family. Jacqueline Jerome, Ms. Pelteau's wizened mother, who does not know her age, said, shrugging: "They don't have anything now, so it's up to me to take care of them. Like if God gives you a good harvest, you share with those who were not so blessed."

Fond-des-Blancs is a remote, mountainous area 75 miles southwest of Port-au-Prince, accessible only by a rocky road impassable by vehicle after heavy rains. Community lead-



Members of the Buissereth family have returned to a plot of land that was abandoned decades ago. A tiny shack serves as their kitchen and bedroom.

ers say the population, counted at 45,000 by a government census in 2001, has swelled by at least a third since the quake.

The growth is hard to measure, but the community leaders point to a few indicators. Some 300 needy families surveyed reported taking in an average of five earthquake victims each. St. Francois Xavier, a secondary school, has seen its student body increase by half with 150 displaced teenagers. And an additional 500 to 600 earthquake refugees are seeking to resume their studies although Fond-des-Blancs has only two government schools (and neither goes beyond the ninth grade).

The post-quake transformation of Fond-des-Blancs is palpable. At St. Boniface Hospital, earthquake survivors with spinal cord and traumatic brain injuries fill the wards, while their relatives live in the courtyard. The hospital, which did not even have an X-ray machine until one was donated after the quake, volunteered to take the patients from the American naval hospital ship the *Comfort*, which pulled up anchor in March.

In the center of town, the influx from Port-au-Prince has created a nightlife where none existed before. The sole lamppost draws an evening crowd, and earthquake refugees jokingly call the dusty gathering place the Champ de Mars after the bustling plaza in the Haitian capital.

Near that lamppost, Ronange Buissereth has set up a small fresh-air restaurant, trying to mimic the busy one she lost in Port-au-Prince to the earthquake. But, she said, sighing, her relatively small hometown cannot produce a very steady clientele for her fried bananas, potatoes and pork, so her labor is really just a way to pass the time.

Several dozen members of Ms. Buissereth's extended family have returned to a scrubby plot of land that her generation abandoned decades ago. Some, like her sister Rosemen Buissereth, 37, are happy to be back, if anxious about making ends meet.

"It's like you become a Communist here because you never touch money," she said. "But it's not so bad. Even



though I left 25 years ago, Fond-des-Blancs is still the place that I call home."

Her cousin Monique Alexandre, 45, is already laying down new roots. Last weekend, with rainbow-colored rollers in her hair and pigs rooting through the dirt at her feet, she oversaw the laying of a foundation for a new house — "with a tin roof that cannot crush us!" she said.

"If I somehow scratch together some money, I'll go back to Port-au-Prince and rebuild my business," a food store, she said. "If not, I'll stay here and work the

land. You have to adapt."

Missoule Alexandre Pierre, 54, was not so sanguine. As her listless daughters leafed through magazines and stared at their nails, she expressed considerable frustration that her children's education had been interrupted.

"These three girls were all university students, and now their future is uncertain," she said. "They don't know what to do with themselves here. Every morning they wake up and say, 'Mama, take us back. We'd rather sleep on the street.'"

Fond-des-Blancs has a long history of migration, with residents fleeing to Cuba, New York and French Guiana even in the best of times.

"Until 1963, it was beautiful country with all kinds of birds, plentiful rainfall, big old trees and coffee plantations," said Mr. Leveillé, 62. "But that year, Hurricane Flora devastated our environment in a day. International companies like Dupont began replacing sisal, which we grow, with synthetic fibers. And people started cutting down trees to make charcoal."

By 1982, Fond-des-Blancs, deforested, was at its nadir and the exodus to Port-au-Prince was under way. At the same time, help began arriving: a relatively successful reforestation program and a health clinic started by a Catholic parish in Quincy, Mass., which became St. Boniface Hospital.

Projects like the crossbreeding of scrawny local goats with large Dominican studs breathed some life into the



PHOTOGRAPHS BY DAMON WINTER/THE NEW YORK TIMES

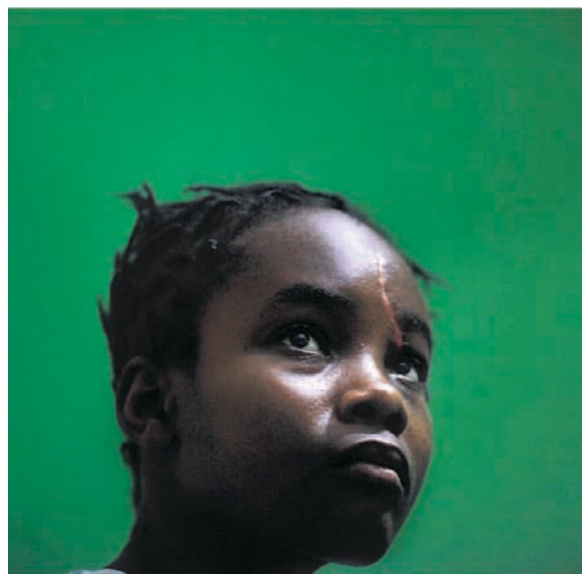
Children share a soccer field with livestock in Fond-des-Blancs. The area has seen a huge influx of people, especially children, like Ismerline René, below, an earthquake victim being treated at St. Boniface Hospital for injuries to her left leg and her face.

economy (with Fond-des-Blancs aspiring to be known as the goat capital of Haiti), but the area still struggles.

Worried about the impact of the returnees, local leaders have decided to unite their myriad community groups to figure out how to absorb the new comers while using the earthquake to draw attention to the plight of rural areas. At a recent New England-style town meeting, they summed up their resources succinctly on a blackboard: “Public health: nonexistent; electricity: nonexistent; water: insufficient.”

The former mayor, Mr. Leveillé, his face weathered under a straw hat, told the crowd, “It is time to force the international community and our own government to focus on us, too.” And heads nodded. ■

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Haiti After the Quake

*Heifer puts the
power of its
agricultural model
to work helping
8,000 more families*

Jaqueline Adophe (above) stands outside the tent she still sleeps in, eight months after the quake. She fears her damaged house is unsafe.

By Jaman Matthews and Donna Stokes, *World Ark* editors

PHOTOS BY BRYAN CLIFTON

For decades, people pointed to Haiti as an example of what happens to a country when everything goes wrong—politically, socially, environmentally.

Modern politics in Haiti is a tragicomic drama, with coups and rigged elections and foreign interventions and a supporting cast of despots and political puppets. As if that weren't enough, each year a parade of hurricanes and tropical storms rake the Caribbean island Haiti shares with the Dominican Republic. People in need of firewood or charcoal chopped down most of Haiti's trees years ago, leaving the soil unprotected from the storms. The topsoil on Haiti's half of the island washed away, and the orange subsoil that's left can barely support even a meager crop. And so Haiti now depends on imports for more than half of its food supply.

Haiti was the place where things couldn't get any worse. Then on Jan. 12, 2010, a few minutes before 5 o'clock in the evening, things got much worse, as a magnitude 7.0

earthquake centered 15 miles southwest of the capital and largest city, Port-au-Prince, crumbled an already fragile country.

One Woman's Story

Heifer participant Jaqueline Adolphe was walking on the road to her house in Varreux, a community in Cite Soleil on the outskirts of Port-au-Prince, when the quaking started.

"I saw pieces of my neighbor's house falling right in front of me," she recalled, speaking from the shade of her porch on a hot afternoon several months later. Overcome with shock, she leaned against another wall for support. Then that wall began to shake. "The wall bounced once, then twice, and the third time I jumped away just before the wall crumbled behind me," Adolphe said. "I ran in terror; I didn't know where I was going, only that I had to get away from that area. My son had to come find me to take me home on his motorcycle, I had run so far."

She didn't know it was an earthquake until later that day. Three people in her tiny village were killed, including a child who was hit in the head by a falling cement block.

Adolphe pointed to jagged cracks throughout her house, still there eight months after the quake. To this day, she sleeps in a tent fashioned from tarps, too afraid that her house may come down on top of her as she sleeps. Her family has since moved back into the house, but Adolphe won't, even though the tent leaks when it rains.

In the weeks after the quake, Heifer International provided aid kits to Adolphe and other people in her village that included rice, cassava, beans and sugar. She also received two goats from Heifer after the quake when Heifer distributed 100 goats in Varreux and neighboring communities to beneficiaries of a Heifer project that began in 2003.

Adolphe looks forward to the day when her two goats reproduce, so she can pass on goats to others in need, then sell others for income so she can repair her house.

Heifer Haiti in the Aftermath

Heifer International started working in Haiti in 1999. Prior to the 2010 earthquake, Heifer worked with more than 16,000 families, with projects scattered around the country, some as close as 12 miles from Port-au-Prince.

At the time of the quake, Heifer had six employees in Haiti, with offices in Cap-Haïtien in the north and Les Cayes in the south. Communication with the country staff was difficult and it took a few days, but Heifer was able to confirm that all six staff members were safe. On Jan. 19, eight days after the earthquake, Heifer Haiti interim

Country Director Justin Alc  managed to send an e-mail update to Heifer headquarters that filled in some of the bleak details.

"It is said that more than 70,000 people have been buried, over 200,000 are unaccounted for and more than two million more have been affected," the e-mail said. "Among the deceased and disappeared are government officials, the chief of the United Nations Mission in Haiti, police officers and clergy personnel. The majority of the state offices are damaged or destroyed. All the health centers in the country have exceeded their capacity."

Alc 's e-mail then turned from the national scope of the disaster to the details of personal loss.

"In this tragedy, the majority of the Haitian families have lost at least one relative. It is no different for Heifer staff in the country," Alc  wrote. "Our accountant/administrator has lost a sister. Our administrative assistant lost several cousins. ... and I have lost a cousin."

The numbers would get worse as the weeks went on. The final estimate of the number of deaths from the earthquake would rise to 230,000 and the number of those affected to 3 million, according to Haiti government and Red Cross estimates. That's nearly a third of Haiti's 10 million inhabitants.

"The time is done for planning. The time now is for executing."

—CHARLES STEWART, INTERIM CEO

According to Heifer Haiti, the earthquake affected almost 3,000 Heifer project families. By their tally, 370 houses of Heifer families collapsed, and almost 600 more were damaged. Despite the damage in rural areas, many rural families took in refugees streaming in from the city.

The Plan

Following the quake, there was a reverse migration as people fled crumbled urban areas to return to the countryside. The government estimated that 600,000 had emigrated from Port-au-Prince, though by September, half of those who left had already returned. This put a tremendous burden on rural areas, but also provided a unique opportunity for Heifer to do what it has done around the world—long-term, sustainable development through agriculture.

"We will work with families in Haiti the same way we



Jaqueline Adolphe (left) looks forward to income from her Heifer goats. (Above, from left) Justin Alce, Charles Stewart, Hervil Cherubin and Edwin Rocha visit Nordely, Haiti.

do everywhere,” said Charles Stewart, Heifer’s interim CEO, “providing geographically appropriate animals and crops, working with Haiti communities, organizations and government with the stated purpose of helping people to help themselves.”

Stewart visited Haiti in September, joined by Hervil Cherubin, an assistant professor of economic development and public policy at the University of Arkansas at Little Rock, who was born in Haiti. Cherubin has led Heifer’s emergency response team since March to work on its short-term and recovery strategy.

“You can tell when you’re in a Heifer community,” Cherubin said as Heifer’s three-truck convoy carrying Stewart, Heifer Haiti staff and four other representatives from Heifer headquarters arrived for a visit at a project site in Saut Mathurine. Outside the truck, first dozens and then hundreds from the community were singing, dancing, waving flags and playing Haiti’s national anthem and Shakira’s World Cup song, “Waka Waka,” on trumpets in front of a “Welcome Heifer” sign decorated with balloons and streamers.

“I’ve seen no other NGO here have the uniting effect that Heifer does,” Cherubin said. “Everything Heifer does in a community—with gender equity and justice, family and cultural values, veterinary training, soil conservation, reforestation—all of this shows Heifer is good to its word that it’s there to help people long-term.”

Next Steps

The next step of the rehabilitation project—called From the Ground Up—has already begun. Heifer Haiti will assist 8,000 families, mostly in the southern and northern regions of Haiti, where Heifer offices already exist. Heifer plans to

work with existing and new local partners to expand to the Central Plateau as well.

Edwin Rocha, Heifer’s director of programs and change management for the Americas, said the goal of the project is to work with local partners to decentralize and rebuild post-quake Haiti by making rural agriculture a viable business, not just a means of subsistence. With the promise of stable income and a role in returning Haiti to self-reliance, it is hoped that many now living in overpopulated and shattered Port-au-Prince will choose to return to their rural homes to stay this time.

Key strategies for participants include raising sheep and goats, increasing agricultural productivity, developing seed banks, developing watershed management plans, strengthening rural economies, and rehabilitating earthquake-affected homes and infrastructure.

Heifer’s interim CEO Stewart said he is anxious for Heifer to expand its Haiti program and to start seeing results.

“I have been very impatient since early this year, asking staff again and again, ‘What are we doing in Haiti?’” Stewart said in Port-au-Prince. “The conditions people are living in throughout this city are conditions no human being should be expected to live in over a long period of time.

“Yet now that I have seen our plan, I believe the time invested has been worth it. Heifer and our model can be a part of the solution for all of Haiti. It’s a very, very good, sound strategy,” he said. “The time is done for planning. The time now is for executing.”

Go to www.heifer.org/worldark for more on Heifer Haiti. Read more about post-quake Haiti in our next issue.



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You see, your gifts of cows, goats, sheep, chicks, bees or trees become the fuel for hope and give people not a handout, but rather a way out of the cycle of hunger and poverty.



Certainly, there can be no more meaningful way to celebrate the giving spirit of this special season!

These are living gifts that not only provide families with the dignity of feeding themselves but also with the means to pay for clothing, education, doctors' visits and decent shelter.

And then, because each recipient family must pass on the first offspring of the animal they received, or the equivalent, each gift you give is multiplied again and again with each new generation. It's a cycle of empowerment that has now been changing lives for more than 65 years, thanks to the compassion and support of friends like you.

That's what makes Heifer gifts the perfect way to reach out to those near and dear to your heart during the holidays and let them know how much you care.

With warm wishes and gratitude,

A handwritten signature in blue ink that reads "Charles O. Stewart".

Charles O. Stewart

Interim Chief Executive Officer



TO ORDER YOUR GIFT, CALL (877) 448-6437



The heifer that Nehkkou Mohammed's family in Cameroon received is already changing his life.

Make This a Meaningful Holiday

Take part in a growing holiday tradition by giving gifts that help those in need.

Here's how: Instead of material gifts, choose gifts from this catalog to honor your friends, family or business associates—gifts that help struggling families lift themselves out of poverty. You can also use the catalog to make a regular charitable gift. Use one of the easy ordering options below.

FOUR EASY WAYS TO GIVE



1. Call toll free (877) 448-6437
24 hours a day, 7 days a week. Credit card orders only, please. Fill out the order form for your records.



2. Fax (501) 907-2902
24 hours a day, 7 days a week. Fax the completed order form; keep for your records. Include credit card information.



3. Order online:
www.heifer.org/worlddark/catalog
24 hours a day, 7 days a week. Download beautiful print and e-mail gift cards and pass along interactive e-mail cards to friends.



4. Mail the completed order form with your check to:
Heifer International
P. O. Box 6021
Albert Lea
MN 56007-6621

You now have 4 ways to let your recipients know about the special gifts you're giving in their honor.

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 names, you've given the gift of self-reliance to a struggling family. The card explains how the gift you made will make a difference to a family in need. Or, visit www.heifer.org/worlddark/catalog where you can choose from three more options:

- **Print Cards:** These cards allow you to choose your occasion and your image.
- **E-cards:** These interactive cards can be animated or personalized and will arrive in your honoree's inbox whenever you wish.
- **Shutterfly®:** Purchase personalized cards from the Heifer collection.



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

Catalog photos by Matt Bradley, Geoff Oliver Bugbee, Christian DeVries, Michael Greco, Darcy Kiefel, Hillerti Loven, Jake Lyell, Nancy Nolan, John Peterson, Russell Powell, Dero Sanford, Jessica Shokrian, David Snyder, Vince Spione, Judy Wollen and Firooz Zahadi.



Heifers Make the Holidays Happier



The Quingco family from the Philippines has been all smiles since receiving a cow from supporters like you.

There is perhaps no gift more meaningful than a heifer.

- To a malnourished child, it means milk to drink every morning.
- To a desperate parent, it means up to four gallons of milk a day to sell and dependable income to pay for food, clothes, school and medicine.
- And to a forgotten village, it means generation after generation of renewed hope as the gift of offspring is passed on from one family to the next.

In this way, your gift of a heifer can not only lift a family out of poverty, it can even boost the health and fortune of an entire community. So this holiday season, please consider putting a gift of a heifer and training in its care at the very top of your shopping list.

Goats Make Great Gifts!

In many parts of the world, goats are the key to a family's very survival.

- Goats can provide up to a gallon of rich, nutritious milk each day.
- Goats don't require large tracts of land and thanks to "zero-graze" training from Heifer experts, families learn to collect the manure to actually *improve* the land.
- And since each nanny will have two or three kids per year, your gift of goats can quickly transform entire communities as each family passes on the gift of offspring to another.

That is why we suggest showing someone special just how much you care by giving the gift of a goat from Heifer International this holiday season.



Laston and William Mulongoti from Zambia, two more children who are now receiving the nutritious milk they need every day, thanks to friends like you.



TO ORDER YOUR GIFT, CALL (877) 448-6437

Sheep are “Shear” Magic



In Peru, Benjamin Sanchez-Quispe's future gets brighter with each generation of offspring from his family's Heifer sheep.



Bundle up! Winter is on the way. And a warm, wool sweater is sure to be at the top of everyone's wish list this holiday season.

Sheep offer struggling families many advantages. Their wool can be woven into clothes or sold for income. Their milk is rich and nutritious. And each newborn lamb will multiply the impact of your kindness even further as families Pass on the Gift—uplifting entire communities.

Just three wonderful reasons why the gift of sheep this holiday season can not only warm the heart of a loved one, but can also make the world a better place.

New Heights with a Llama



Esperanza Roque Purihuan 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.

Perfect for that person on your list who seems to have everything, a llama from Heifer International is a gift you both can share for years to come.

Llamas and their close cousins, alpacas, are often the only options for families who live high in the Andes Mountains of South America because these unique animals live in balance with an environment too harsh and fragile for any other livestock. Plus, their wool is prized the world over—denser, warmer and softer than sheep wool—making it possible for our partner families to earn a good 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 llama and training in its care?

Joy to the World Gift Basket: \$1,500
Share of Joy: \$150



We named this very special gift “Joy to the World,” because it reflects how your generous gift, given through Heifer International, provides food for the hungry, income to lift families out of poverty, even hope where families have known despair.

The Joy to the World Basket represents two **sheep**, four **goats**, one **heifer** and two **llamas**. All healthy, hardy, breeding animals of good stock, with so much to give!

- Soft wool, woven into a blanket to keep a baby warm in Bolivia.
- Rich, sweet milk, the first a little boy in Kenya has ever tasted.
- Fertilizer, improving the yield on a farm in Kosovo.
- Plus precious commodities to take to market, raising the money needed for food, clothing, medicine and school tuition.

It's the perfect gift from a business or church group, or as an expression of kindness and compassion from a generous individual or family. It's the gift that reminds us that there is no challenge too great that people who care can't meet, together.

It's the gift ... of Joy to the World!



Ring in the Holidays with *Rabbits*



By raising rabbits, Dominika Izowski, from Poland, can see a bright future ahead for her family and her community.

A trio of rabbits from Heifer International is the perfect way to send your season's greetings to "some-bunny" special.

Rabbits are raised by farming families all over the world because they are especially easy to care for. They 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 highly recommend you ring in the holidays this year with the gift of rabbits from Heifer International.



Knitter's Gift Basket: **\$480**

Share of a Knitter's Basket: **\$48**



Over the years, she's knitted you everything from warm wool sweaters to stylish mittens and scarves. But now you'd like to give her something just as meaningful in return.

This is just what you've been looking for!

Our Knitter's Basket includes four of our fuzzy friends that are keeping Heifer partner families warm all around the world. Your gift represents a **llama**, an **alpaca**, a **sheep** and an **angora rabbit**—four animals that provide families with ample wool and endless opportunities to build a better life.

Chicks Bring Holiday Cheer

The gift of chicks is the perfect way to share that warm and fuzzy holiday feeling with the special people in your life.

Your gift will help provide a family in need with a starter flock of 10 to 50 chicks and the training they will need to turn your generosity into a lifelong opportunity.

Chickens require very little space and don't cost a lot to feed, so even the very poorest families can raise chickens. And since a good hen can lay more than 200 eggs a year, the gift of chickens provides a steady source of both nutrition and income for a family in need.

That is why we sincerely hope you will choose the gift of chicks from Heifer International to show someone special how much you care this holiday season.



Nine-year-old Ireen Muchindu from Zambia can now have eggs every day thanks to the gift of Heifer chicks.



Flock of Hope: \$60



In many cultures, the egg is a symbol of life. That is why a Flock of Hope from Heifer International is 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, ducklings** and/or **goslings**. 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!

Opportunity

Flocks

Gift of
**Ducks &
Geese** \$20



Vitamin-packed eggs from ducks and geese are an important part of a growing child's diet.

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 precious gift for a hungry child. Plus, by regularly selling eggs and offspring, families can generate the steady income they need to purchase food, clothes, medicine and pay for school fees.

That is why we so strongly recommend adding these fine feathered friends to your holiday shopping list this year.

Go Hog Wild with your Holiday Giving



Mose Buji from Daxing, China, gets to know his family's latest litter of piglets.

The staple of barnyards around the world, your gift of piglets is a precious gift indeed.

Pigs don't need a lot of land—which makes them perfect for many of the very poor families Heifer serves. And they can thrive on a family's extra food scraps and garden byproducts.

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.

Hearty animals to be sure, pigs are helping families on all five continents where Heifer is working to end hunger and poverty while caring for the Earth.

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

Trees for All Seasons

Because Heifer International takes a holistic approach to development, we provide many of our partner families with tree seeds or saplings.

A family with a small orchard or grove can supply their own fodder or firewood, sell fruit or nuts, and begin saving to build a new house or pay for a child's education.

Plus, tree roots hold together topsoil and lock in moisture and nutrients — ensuring the sustainability of the projects you support.

So please add the gift of tree seedlings to your animal gift giving this year as part of your commitment to ending hunger and poverty while caring for the Earth.



Alephene Joseph plants banana trees in a safe and terraced area in the village of Moulén, Haiti.

Gardener's Basket: **\$170**
Share of a Gardener's Basket: **\$20**



A good gardener will tell you that the only thing a garden needs more than the sun and rain is lots and lots of love. Well, that's something our Gardener's Gift Basket has in abundance!

This basket represents everything a family will need to start a sustainable farm—**tree seedlings**, **rabbits** to generate organic manure, **chickens** to eat pests and a hive of **bees** to pollinate crops and increase yields.

Just as the garden grows, so will your gift as one family eventually passes on the same gifts they received to another family in need.

It's a one-of-a-kind gift basket that the gardener in your life will just love!

Sweeten the Holidays with the Gift of Honeybees

Sometimes it is the little gifts that leave the biggest impressions. Though bees may be small, they can make a powerful impact.

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 includes bees, the box and hive, and training in the latest beekeeping techniques.

That's what makes this gift such a honey of a way to show someone you care!



Ramon and his family are creating a better future thanks to the beekeeping training they received from Heifer supporters.

Create a Smile with a *Water Buffalo*



Gloria and Loreto Daniaguil, from Buenavista, Philippines, are making big changes in their life thanks to their Heifer water buffalo. *"Before we had no large animals, but now these animals are providing us with additional income."*



If you're looking for a gift with big impact, there is no better choice than a water buffalo. Just consider how many ways your gift of a water buffalo and training in its care can help a family in need!

A family with a water buffalo can plant **FOUR TIMES** more crops because they can sow a field in days that once took weeks to plow and plant by hand.

A family with a water buffalo has fresh milk—a dependable source of nutrition and income to put toward clothing, medicine and education. And a family with a water buffalo can use manure as organic fertilizer to boost their crop yields in a sustainable way.

That's why water buffalo are the perfect fit for farming families in so many of the poorest parts of the world ... and proof that sometimes the best gifts actually come in very **BIG** packages.

Cheeses of the World Gift Basket: \$990

Share of a Cheeses of the World Basket: \$90



Many Heifer partner families turn milk from their animals into cheese that they can then store for food or sell for income.

This special holiday gift basket includes the gift of a **heifer**, a **goat**, a **sheep** and a **water buffalo**—four animals that families around the world will use to make mozzarella, feta and hundreds of local and traditional cheese varieties.

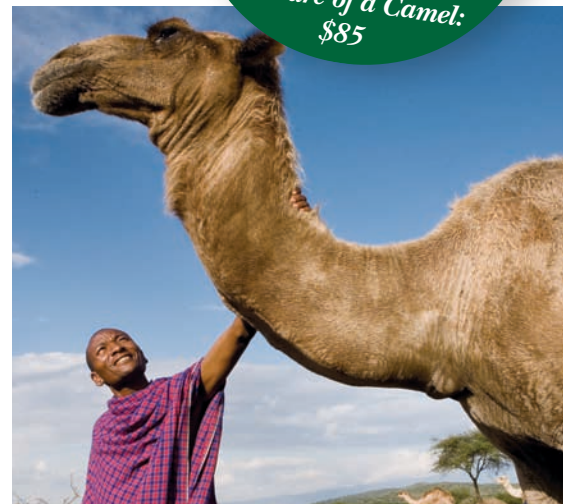
The perfect symbolic gift for the cheese-lover in your life!

Make Their Holidays Merrier with a *Camel*

In parts of the world too dry for other livestock, Heifer is providing families with camels and training in their care.

Camels not only provide transportation, but they have a unique ability to withstand drought while still producing milk that families can drink or sell. By fermenting, families can preserve their camel's milk and store it for up to a year!—a tremendous asset for families living in such harsh and unpredictable regions.

That is why every camel you give this holiday season will be so warmly welcomed as part of the family.



Isaya Shakwet is proud of the camel he received thanks to Heifer supporters. *"When we get camels we are happy because they changed our life."*

The *Gift Ark* is an extraordinary opportunity for you to change the world two by two.



Sisters Mebby and Josephine from central Zambia are using the milk from their Heifer animal to feed their families and keep them healthy. *"We have seen a lot of wonderful things through Heifer's work."*

The Gift Ark goes around the world—Latin America, Africa, Asia, Europe and the Americas. 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, and 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.



2 Cows

To bring milk and income to a village in Armenia.



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 Thailand 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 Georgia better their nutrition and income through the production of eggs and meat.



2 Flocks of Chicks

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



2 Llamas

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



WILD about the Holidays

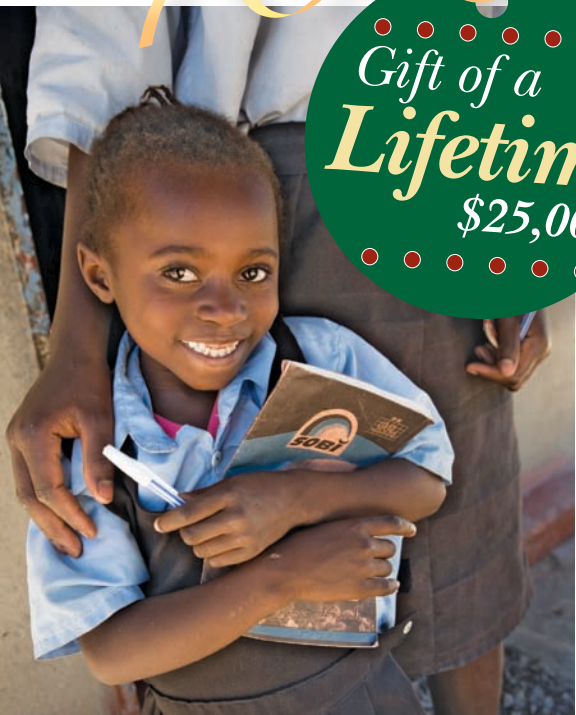
Heifer International's Women in Livestock Development (WiLD) projects are specifically targeted to address the issue of gender in equity. Our already difficult work to end hunger and poverty is all but impossible wherever women stand at a disadvantage.

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. Heifer International's WiLD Gift is specially designed to help women around the world overcome this burden of discrimination.

Your 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. It's a powerful gesture on behalf of women 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.



Waraporn Jado from Chiang Mai, Thailand, is using the gift of livestock and training from Heifer supporters to become self-reliant. She now feels empowered.



Mirriam Mugala, from Zambia, is now able to go to school thanks to the money her family earns from their Heifer livestock and training.



Gift of a *Lifetime*

Since 1944, Heifer supporters have empowered millions of hungry families to achieve self-reliance and reached millions more through Passing on the Gift. But with so many chronically hungry people in this world, Heifer International's holistic approach to development is needed on an unprecedented scale.

That is why Heifer International is pleased to offer a gift that makes a bold statement about your vision for the world. We call it our Gift of a Lifetime, and it provides you with an opportunity to make a profound difference in the world.

Your Gift of a Lifetime will:

- 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 programs; and,
- Reach millions of families with training, access to veterinary care and to markets for their farm products.

That is why the Gift of a Lifetime is one gift that really can claim to be the gift of a better future.





Can U Hear Us Now?

Why Technology Is Africa's Latest, Greatest Poverty Fighter

By Frank Bures

Art by Martin Haake

Back in the mid-1990s—the Dark Ages—I was living in a semi-rural area on the slopes of Mount Meru, just outside Arusha, Tanzania. Every now and then I had to make a phone call back home, across the world.

This is not an easy thing to do, I often thought to myself as I headed out into the neighborhoods to inquire about using one of the few phone lines at houses near mine. Often, these lines would be broken, or working spottily, and it could take weeks to get a repairman out to find the place where there was a problem. Moreover, the calls had to be arranged in advance so both people's ears could be physically connected to the line that ran under the sea.

Usually, I would end up knocking on the door of a business in town (owned by friends of friends), trying to be unobtrusive as I heard the

crackly sound of the voice of the woman I would later marry. But our words seemed to run into each other along the way, and we each had to wait a minute to be able to hear the other. In the lag, the distance seemed tangible.

These days, when I'm in Africa, I tell people this story and they laugh. They laugh as if they can barely remember those times. They laugh like I was telling them I used to hunt with rocks and start fires with sticks. Because technology in the developing world has changed so much and so fast that it's hard to believe unless you see it yourself.

I did see it last year, while I was taking a bus across West Africa. As I sat looking out the window at the dusty trees scattered around the Sahel, somewhere in the middle of Burkina Faso, I took a phone out of my pocket and called my wife. This time, the sound was clear. There was no delay. It was almost like she was sitting next to me.

I may have been the only passenger dialing America, but I was far from the only one with a phone. And while not everyone can afford this kind of technology, in the last decade cell phones have become shockingly common. There are now 415 million mobile subscribers in Africa, and a third of the world's 4 billion users are in the developing world. India and China alone added 700 million new users between 2000 and 2007, and the numbers continue to rise.

Among the many ramifications of this change, perhaps the biggest is economic. Now, not only can people reach out and touch their friends and family, they can also talk to business partners, get market reports and find clients. Mobile technology provides a significant boost to the incomes of those on the bottom rung of the ladder. In fact, a study from the London Business School concluded that each 10 percent increase in mobile phone use meant a 0.6 percent boost to GDP and another suggested a 1.2 percent gain.

Technology in the developing world has changed so much and so fast that it's hard to believe unless you see it yourself.

In Uganda, farmers can send text messages for commodity prices or weather reports. In South Africa, a software service called Mobenzi allows the unemployed to find and conduct work via cell phone. Millions of jobs are created as people sell phone cards, resell phone cards or even parse out fractions of minutes. In Ghana, some people even build towers for subscribers to climb (for a fee) so they can get reception where the hills block it. All this phone-related commerce adds up. According to a study of families in Kenya who used the mobile banking service M-Pesa, cell phone access helps incomes grow anywhere from 5 to 30 percent.

The rising popularity of cell phone technology in Africa is prompting startups that can grow into big business. A service started last year called PesaPal allows people to shop by mobile phone. Founder Agosta Liko lived in the U.S. for several years, working in banking and information technology, before moving back to Kenya.

"There was no consumer payment system," Liko said. "People couldn't open PayPal accounts, so I decided to build something. Now I can pay my guys a good wage, and that is the best way to alleviate poverty. Technology is going to be Africa's biggest chance."



I'VE ALWAYS ADMIRERD THE INGENUITY of people in the developing world to jerry-rig solu-

I've always admired the ingenuity of people in the developing world to jerry-rig solutions to problems they have, whether that be a wheelbarrow made from sticks and boards, frying pans made from old car parts, or irrigation channels made from the husks of banana trees.



Hersman, a web developer raised in Kenya and Sudan by American missionary parents, started AfriGadget.

Hersman is also the founder of Ushahidi.com. The website came about when, during Kenya's election violence in 2007, Hersman and some friends put together a program that allowed people to report incidents of violence via mobile phone text messages, creating a comprehensive crisis map. The platform is now called Ushahidi (Swahili for "testimony") and is being used to monitor elections in India, to track violence in the war in Congo and to monitor rainforest destruction in Madagascar.

Ushahidi is one more example of how technology is helping people of small means gain a degree of control over their situations, helping them make the world a little more predictable and a little more livable. The Internet, solar power, biogas and other technologies are also helping poor people across the world. For example, in Zimbabwe, farmers can now get crop information via podcast. In Ghana, small-plot irrigation systems are helping farmers boost productivity through the dry season. In these and many other places, technology is giving people a leg up in the global economy.

Even something like light can improve a poor family's situation. "Providing bright light really impacts so many facets of people's lives," said Dorcas Cheng-Tozun, of D.light Design, a company that has sold nearly 150,000 low-cost solar lights to rural communities in India and East Africa. "It essentially extends their day. It allows them to work for longer hours and more productively. It lets children study longer. And buying our products, using them for several years, ends up saving people a significant amount of money on kerosene," Cheng-Tozun said.

The productivity boosts associated with these technologies might seem small to us, but they're a great boon to the world's poor. One World

Bank report found that these kinds of developments were key factors in reducing the number of people in developing countries living on less than \$1 per day from 29 percent in 1990 to 18 percent in 2004, with that number expected to reach 10 percent by 2015.



ONE DAY when I was living in Tanzania, I was talking to a neighbor. He was from Germany and was not well-liked in the area, for reasons I was quickly learning. That day, he was complaining about an expensive solar water heater that had been donated from overseas but was already broken and in need of repairs. The problem, he told me, was that when you have a complicated machine, you need a white man to take care of it. A white man, he added, with his own car.

This statement left me speechless for several reasons. But the most shocking of all was its blatant falsity, something that has been clearly demonstrated in the years since. The problem was not with the technology itself. The problem was with something larger.

"There are three myths about technology," said Harish Hande, founder of SELCO-India, a "social enterprise" that has sold solar lighting systems to 112,000 households in India. "One is that poor people cannot afford sustainable technologies. Another is that poor people cannot maintain sustainable technologies. And a third is that social ventures cannot be run as commercial entities."

The trap my German friend fell into was what we might call the "solar-oven fallacy." The solar oven is a simple idea that has actually been around for a few hundred years. It is sometimes touted as a panacea for problems ranging from women's rights to global warming. The Peace Corps distributed them in the 1960s, and last



year, a cardboard version called the “Kyoto Box” won a prestigious \$75,000 design prize. On the surface, the idea seems like a good one: Use the sun to cook food. Free heat. No wood chopping or carrying. And yet, the solar cooker has, ironically, not set the developing world on fire.

“Solar ovens are not that complicated,” said Paul Polak, author of *Out of Poverty: What Works When Traditional Approaches Fail*, and founder of International Development Enterprises, which

has sold half a million low-cost drip irrigation systems throughout the developing world. “What is complicated is learning the cultural patterns of people in Africa with food and how they might interact with that technology.”

Some of the problems with solar ovens: They take several hours to cook food; they don’t function in the rainy season; wind can knock them over; they simply won’t work for people who are up before dawn or need to cook after dark. So while it may seem like a good idea to someone sitting in an office in Washington, D.C., or Brussels, to a woman in a wattle house in Zambia, the benefits might be less clear.

“You’ve got to design for the market,” Polak said, “not because you’re a tinkerer who is fascinated with a technical problem.”

“There are just too many prescriptive approaches to what is needed,” said Emeka Okafor, a Nigerian entrepreneur based in New York City. “That is one of the biggest flaws of development. You have people running around with prescriptions for what they think works, because they have a simplistic understanding of what the problem is.”

“Poor people will enthusiastically embrace something if they can see it will improve their lives,” said Polak. “But they’re looking for practical solutions—things that work—for the problems they’re facing.”

In the end, the solar oven solves a problem very few asked to have solved: How to cook lunch on a sunny day.



“THERE ISN’T ENOUGH MONEY in the world to provide safe drinking water to the billion people in the world in the form of subsidized, government funded hand pumps,” said Polak. “The only way to achieve scale to make an impact on

"There are three myths about technology. One is that poor people cannot afford sustainable technologies. Another is that poor people cannot maintain sustainable technologies. And a third is that social ventures cannot be run as commercial entities."—Harish Hande

poverty is to design products that people are willing to buy."

And creating products people are willing to invest in helps both producer and consumer, Hande said.

"In the traditional, top-down methodology, it's a one-sided supply chain, where the product goes down to the poor. We go from the opposite side," he said. "We look at what the need is, then tailor the product to the need. We are intervening with a product that either increases their income or uplifts their quality of life, so it's a win-win situation for everybody."

SELCO not only sells low-cost solar lighting, but also power inverters, biomass cooking stoves and solar water heaters. And while it doesn't donate anything, its focus is neither simply on making money, nor on providing charity, but on a new model, like that used by D.light Design.

"We feel really strongly that market solutions and for-profit social enterprises will be a growing part of development," said Cheng-Tozun. "We see the customers we are trying to serve are just that: customers. We have to really understand them and know what they want, because they ultimately have the choice: Do they like our product or not? They'll let us know by whether they choose to buy it."

This can be uncomfortable terrain for many of us who were raised in the 20th century, and were taught that altruism and self-interest were fundamentally at odds. But as those ideas evolve, a more nuanced picture is emerging, and growth

is not seen as a zero-sum game.

"The mobile-phone carriers are making money hand over fist and making a lot of great change happen," said Hersman, who also recently launched a technology innovation hub in Nairobi. "I think what we're starting to see is that businesses work here. Why not figure out a good business model, build it, and treat it like a real business instead of giving subsidies that provide a false floor and doom the project from the beginning."

There is no false floor under 24-year-old Wilfred Mworira, a Kenyan software engineer who was sitting on his couch one day in his small apartment in Nairobi when an idea came to him: What if you could keep a journal on your phone—more specifically, on your iPhone—but instead of just writing what happened, you could include pictures and audio? The idea was such a good one that Mworira was able to scrape together some funding to start a company to develop his "iScribe." Now that company, African Pixel, is doing its part to help the Kenyan economy grow.

If they keep up this pace, there's no telling what the lives of people in the developing world will look like in another 10 years. For ambitious youths like Mworira, the path to the future is clear, and technology is helping them put it in their own hands. ■

Frank Bures writes frequently about Africa, and his work was included in the book Best American Travel Writing 2009. For more, visit frankbures.com.

IN THE QUEST TO END HUNGER, KISSING A PIG IS THE EASY PART.

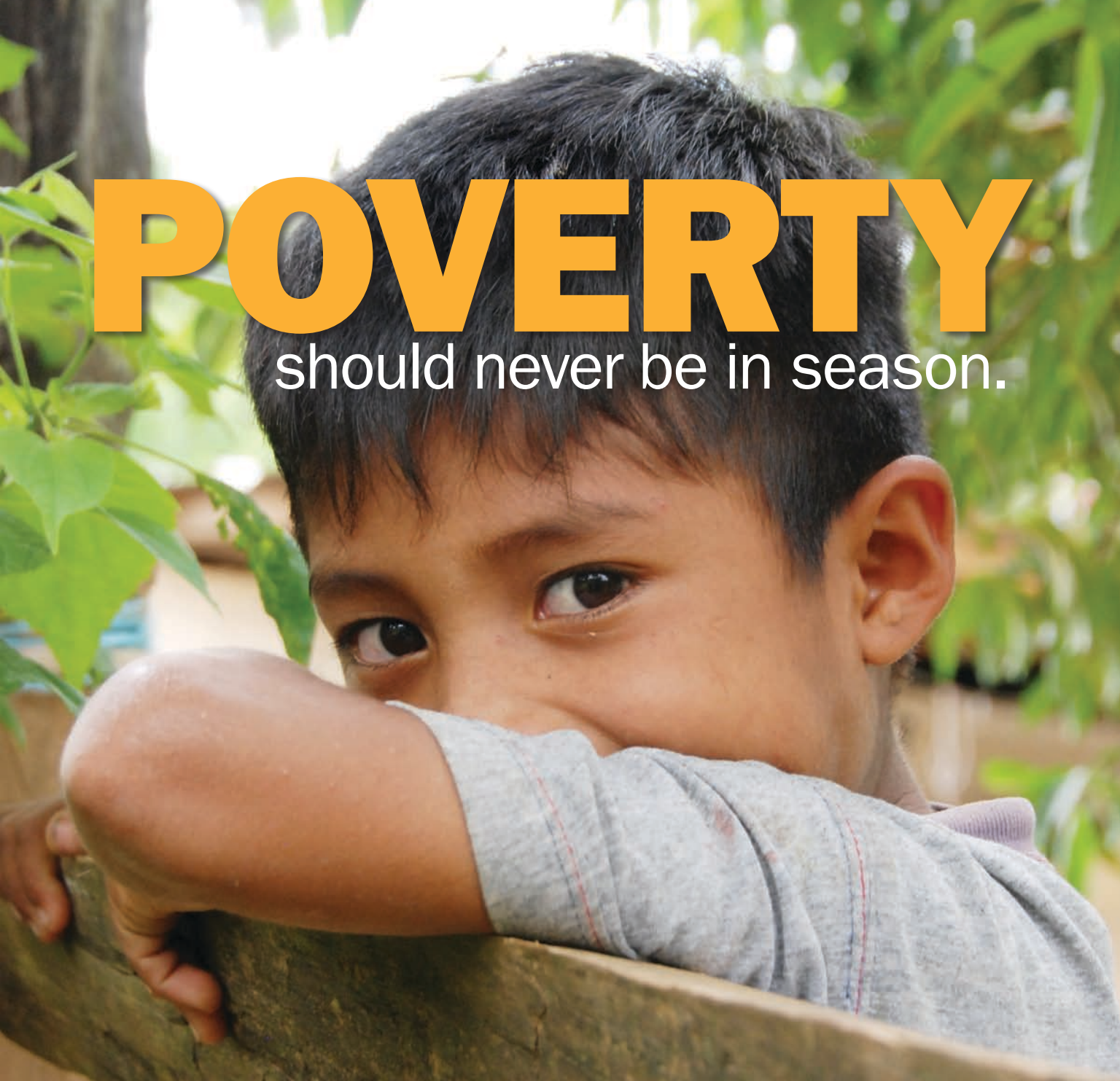
HEIFER CHALLENGE is a new program for groups looking for a fun and easy way to help struggling families around the world. For decades, Heifer has received photos of supporters across the country kissing furry critters or even shaving their heads as a fundraiser for Heifer. Turns out people love to take on a dare to help us end hunger and poverty. That's why we've created Heifer Challenge, and now your group can get in on the action.

For more information or to order The Heifer Challenge Leader's Guide, call **800-422-0474** or go to www.heifer.org/challenge.



POVERTY

should never be in season.



Seasonal poverty has long affected coffee farmers in small mountain communities in Mexico. A partnership between Heifer International and Green Mountain Coffee is ensuring that these farmers no longer know the pain of *los meses flacos*—the thin months—when income from the coffee harvest is depleted. By ensuring farmers receive a fair price for their coffee, and by providing small-scale livestock and sustainable food crops, farmers here are learning to thrive during these lean times.

Visit www.heifer.org/greenmountaincoffee to learn more about our partnership.



REVIEW

A Second Helping From Menzel and D'Aluisio

By Austin Bailey, *World Ark* senior editor

"What do you do for a living?" "How do you spend your free time?" "What's your sign?" It turns out these timeworn questions we use to get a feel for the people we meet might not be the best way to go.

In their new book, *What I Eat: Around the World in 80 Diets*, photographer Peter Menzel and writer Faith D'Aluisio show us the best way to get to know someone is simply to ask him what he ate for breakfast.

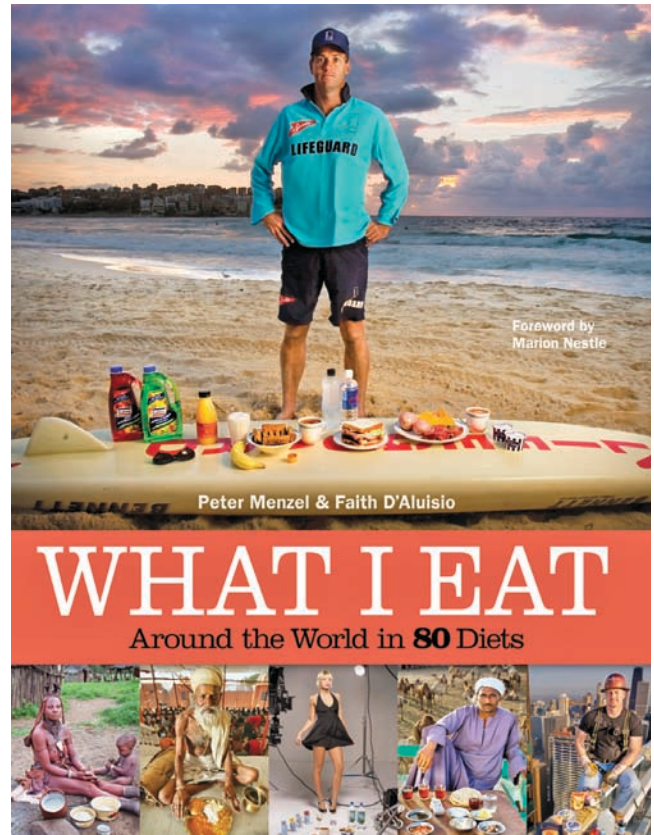
Their glossy coffee-table book features photo essays of 80 people from around the world with their daily food spread before them, along with a detailed list of what they ate that day and commentary on how cultural, economic and environmental factors came together to shape the menus. And what those menus tell us is fascinating.

We know, for instance, that Ecuadoran highlands farmer Maria Ermelinda Ayme Sichigalo works really hard, because the mother of eight fuels up each morning with a stack of fried cheese turnovers and snacks through nearly three pounds of potatoes by nightfall, but still can't break the 120-lb. mark.

We know that climate change is destroying the land and way of life for Maasai cowherd Noolkisaruni Tarakuai, who remembers childhood meals centered on meat but now gets only 800 calories a day in the form of cornmeal porridge and a splash of milk.

Is that Russian art restorer a bit on the intense side? Judging from his morning meal of coffee and cigarettes, I'd say so.

A sequel to their equally compelling *Hungry Planet: What the World Eats*, which features photos of families around the world with a week's worth of food, *What I Eat* uses a similar approach but homes in on individuals from 30 countries.



What I Eat: Around the World in 80 Diets

By Peter Menzel and Faith D'Aluisio
Ten Speed Press, Hardcover, \$40

Yes, it's been done before, but as the heartier subjects of Menzel and D'Aluisio's books might say, if it's good enough, there's always room for more. And in their latest book, essays and excerpts from foodie celebrities including Marion Nestle, Wendell Berry and Michael Pollan bookend the chapters, breaking the monotony and offering some nice spice.

The book is organized by calorie count, from lowest (the Maasai herder) to highest (a British binge eater whose evening snack consists of five candy bars, and whose calorie tally for the day trumps all at 12,300). Other notable subjects include an Egyptian camel broker, a Japanese sumo wrestler, an Arctic hunter, and a long-haul trucker from Mississippi who's had two heart attacks and shares fast food meals with his co-pilot, a Shar-Pei named Imperial Fancy Pants. Each subject shares his or her age, height and weight.

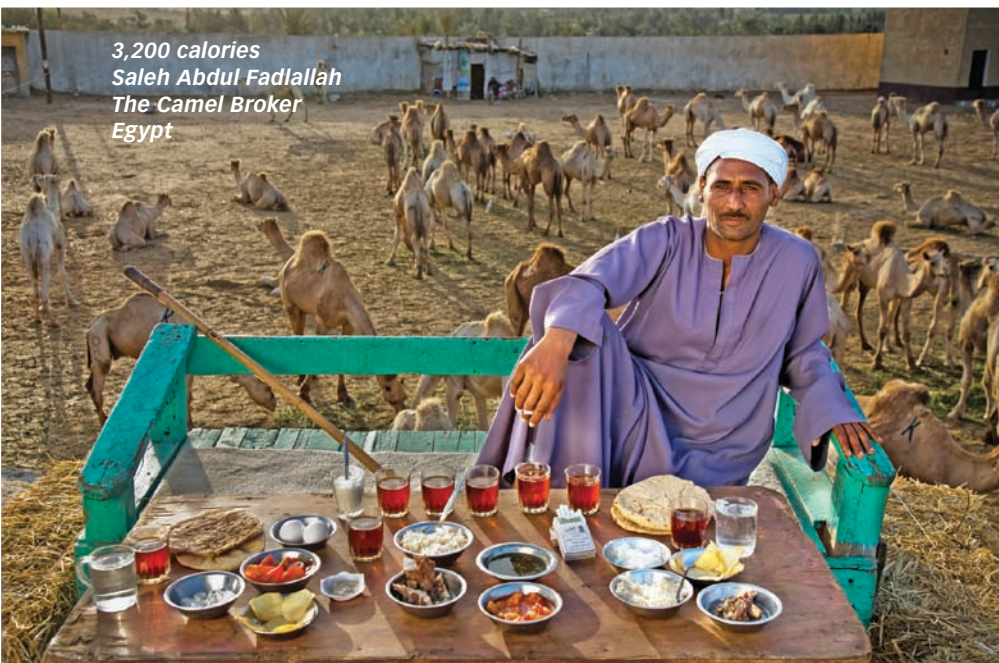
Menzel and D'Aluisio artfully picked their subjects to highlight the juxtaposition of fat and thin, wealthy and struggling, healthy and sickly. For example, two men of indigenous American Pima descent are featured right next to each other. Although their calorie tallies are roughly the same, the man living in Arizona gets most of his calories from meat, cheese and processed foods and suffers from diabetes and excess pounds. The rancher across the border in Mexico sticks to traditional fare, including tortillas, beans and eggs, and weighs 150 pounds less. The comparison tells us a lot, both about these men as individuals and about the food cultures and lifestyles that divide the Americas.

Further carving the line between cultures of plenty and cultures of want, Menzel and D'Aluisio offer up a model in New York who frets that her 2,400-calorie-a-day diet is making her too fat to get good work. On the next page you'll find a rickshaw driver in Varanasi, India, who earns the same calorie count but hovers around the 100-lb. mark.

Not all of their picks are as enlightening. Unfortunately the book also includes subjects that seem to be thrown in there for novelty's sake, like the Indian woman who begins each day with a glass of her own urine, and the Taiwanese street food vendor who serves up boiled cakes of dried pigs'



1,700 calories
Cao Xiaoli
The Acrobat
China



3,200 calories
Saleh Abdul Fadlallah
The Camel Broker
Egypt

blood. These subjects prove a bit distracting and would have been better left out.

The other head scratcher is the cover shot of Australian life-guard Bruce Hopkins. Sure, he's handsome, but his white-bread-and-potatoes meals spread out on his surfboard aren't nearly as captivating as other people and foods pictured inside.

Some of the calorie counts are hard to reconcile with the photos. Take Roccardo Casagrande, the

140-lb. friar who packs away 4,000 calories a day. The meals in the photo look healthy and reasonable to me, which makes me wonder if perhaps my own inner calorie counter is off. An informal survey suggested this uncertainty is a common side effect of reading *What I Eat*.

Which brings us to the one subject not pictured or discussed in the book, but who is ever present nevertheless—the reader. You’ll find it impossible to not compare the subjects’ daily diets with your own. Don’t be surprised if you find yourself wanting to recreate your day’s meals, photograph them and weigh them, just to find out into which chapter you might fall.



6,600 calories
Jeff Devine
The High-Rise Ironworker
United States

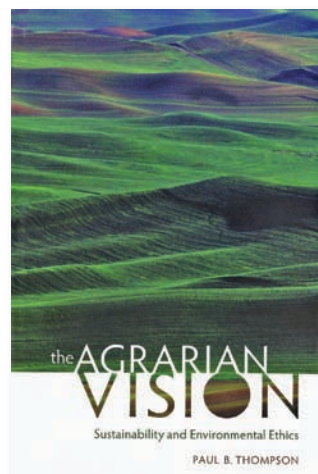
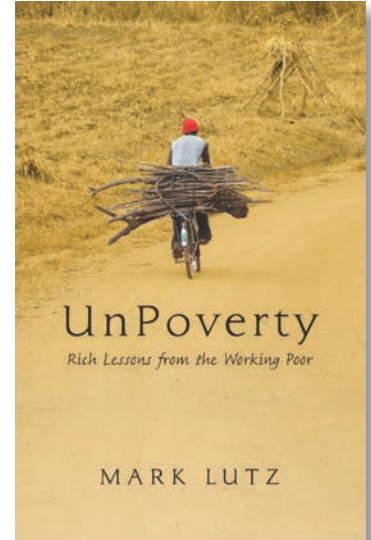
NEW AND NOTEWORTHY

Unpoverty: Rich Lessons from the Working Poor

by Mark Lutz
Compassion International, 2010
Hardback, \$20.99;
Softcover, \$14.99

Mark Lutz, who grew up in South Africa as the son of missionaries, believes Jesus’ statement “the poor will be with you always” does not mean poverty is eternal. In his book, *Unpoverty: Rich Lessons from the Working Poor*, he is a persuasive evangelist for the belief that ending extreme poverty is a realistic goal.

To read Laura Lynn Brown’s full review of *Unpoverty*, visit World Ark online at www.heifer.org/worldark



The Agrarian Vision: Sustainability and Environmental Ethics
by Paul B. Thompson
University Press of Kentucky, 2010
Hardback, \$40

Serious thought about the ethics, not just the economics, of sustainability has been lacking. Into the void steps Paul Thompson, whose *Agrarian Vision* is the latest in the New Agrarianism series from editor Norman Wirzba. Where so many other commentators

approach sustainability as a set of fixes to our modern world, Thompson takes a step back to consider if industrialization and sustainability are even compatible.

**The Green House:
New Directions
in Sustainable
Architecture**
by Alanna Stang and
Christopher Hawthorne
Softcover, \$24.95

Let the debate rage on: Can a new house ever be “green,” or are the solutions and ideas offered up in a book like this one just more “green-washing” by an industry that gobbles up resources for the benefit of the wealthy? Either way, the pictures are pretty.

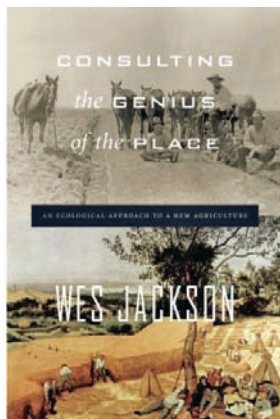


**Get Real: What Kind of
World Are YOU Buying?**
by Mara Rockliff
Running Press Kids, 2010
Softcover, \$10.95

When you spend \$100 on a pair of shoes, what is that money supporting—sweatshops, child labor, environmental degradation? *Get Real* asks us to consider the hidden implications of our purchases, from food to clothing to cell phones.

**Consulting the Genius of the
Place: An Ecological Approach
to a New Agriculture**
by Wes Jackson
Counterpoint, 2010
Hardback, \$24

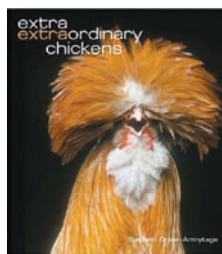
For decades, Jackson has been a voice in the wilderness—or in his case, the Great Plains—hoping someone will hear him. The Sage from Salinas is back with another appeal for his new type of agriculture, based on natural ecosystems rather than imposed order and profit.



FIVE FAVORITES ON:

Beautiful Livestock

Most livestock are rather ordinary—the ubiquitous Black Angus cow, the plain-Jane Leghorn chicken. But a few breeds stand out for their size, their color or their exotic plumage. Think of them as the supermodels of the livestock world.



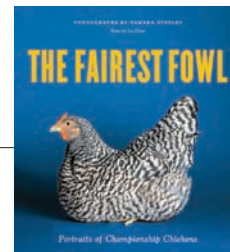
Extra Extraordinary Chickens
by Stephen Green-Armytage

Henry Moore's Sheep Sketchbook
by Henry Moore and Kenneth Clark



**Beautiful Pigs: Portraits of
Champion Breeds**
by Andy Case

**The Fairest Fowl: Portraits of
Championship Chickens**
by Ira Glass and Tamara Staples



**The Farm Animal Portraits of
Yann Arthus Bertrand**
www.yannarthusbertrand2.org

Your early morning wake-up call has never been so rewarding.



Every spring, Heifer project participants around the world anticipate the births of their livestock's young. For some, these animals represent the opportunity to Pass on the Gift of self-reliance to another family; for others, it's the opportunity to send their children to school.

This spring, you can learn how animals provide new beginnings around the world at our **Women's Lambing or Livestock Birthing** programs. Join other women from across the country for a weekend of early morning and nighttime birth checks and light farm chores. See basic livestock care demonstrated and learn more about Heifer's work throughout the world. Bring your grandmother, mother, daughters and friends. Reserve your space now.

PROGRAM DATES

Women's Lambing

March 24–27, March 27–April 1 & April 1–3
Heifer Ranch in Perryville, Ark.

Women's Livestock Birthing

March 25–28, 28–31
April 1–4, 8–11, 11–14, 18–21
Overlook Farm in Rutland, Mass.

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



Why we believe in working together.



Laura, Texas Organic Valley farm kid



© Organic Valley 2010-11074

As a farmer-owned cooperative of regional organic farm families, it makes perfect sense to us to work together.

Everything's connected—earth, animals, farmers, and you. We believe the more connected we are in stewardship, the better for the common good. Not to mention uncommonly good food.

We're proud to support Heifer's work in the U.S.A., helping farmers learn organic methods in the fight against food insecurity.

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

Learn more about Heifer's MORE (National "More Organic for Everyone") project at: www.heifer.org/organicvalley.

Celebrate MORE, with Organic Valley's holiday cooking program.

www.organicvalley.coop/celebrate



A Promising Future

Heifer Thailand Brings Stability to Communities in the Golden Triangle



Before a Heifer project arrived, Yuri Lahuna and her husband, Asu, struggled on less than a dollar a day in their village on the Thailand-Myanmar border.

KLON MAI, THAILAND—Storm clouds approached from the north-east, piling up behind the mountains. The wood smoke from thatched-roofed kitchens blew horizontally, and banana trees flapped in the wind. Mothers stepped outside and called their children home from the rice fields below.

Klon Mai is perched in the remote mountains of far northern Thailand, less than a mile from the border with Myanmar, in the infamous Golden Triangle known more for its illicit

drug trade than stability and self-reliance. Most of the 20 families in the village are members of the Luha ethnic group, who migrated from Myanmar, then known as Burma, before settling here two decades ago. When the first families arrived, there was no road, no water supply and no way to make a living. They survived largely

on the corn and rice they grew.

Now, the main source of income for families in Klon Mai is tea. The Thai government planted a new variety of tea on the surrounding mountainsides and pays villagers to act as caretakers to the crop. Each family looks after about two acres and receives in return 15,000 bhat—about \$500—a year.

A Heifer International project in Klon Mai is helping villagers supplement this meager income with gifts of livestock, seeds and training.

The Lahuna Family

As the sky darkened, Yuri Lahuna climbed the mud-slick trail back to Klon Mai from her family's plot of tea, where she spent the morning clearing weeds.

Inside the corrugated metal door, her house was dark except for a bare fluorescent bulb and the light that filtered through the woven bamboo walls. Her 5-year-old son lay curled up on the sleeping platform in the corner.

Yuri and her husband, Asu, set up a small folding table and chairs on the pocked dirt floor. Over glasses of hot tea, they talked about their lives and involvement with the Heifer project in Klon Mai.

In 1993, Asu's mother died while

PHOTO COURTESY OF HEIFER POLAND

THE LAHUNAS' STORY FIRST APPEARED ON HEIFER INTERNATIONAL'S BLOG. JOIN THE CONVERSATION AT BLOG.HEIFER.ORG.

visiting family in Thailand. Asu crossed from Myanmar for the funeral, met Yuri and settled here.

As the sky outside began to spit rain, he described their situation in those early years. The village was garbage-strewn. The few pigs villagers had were allowed to roam freely, rooting up gardens and sparking arguments between families.

There was little work and little food. "For my labor, I could only earn 25 bhat a day," said Asu. That's less than a dollar. To make it through the dry season, the family was forced to forage for food in the jungle. "Sometimes, it wasn't enough."

Heifer Brings a Better Future

In April 2009, the Lahunas received five pigs and a water buffalo from

Heifer International. Since then, their pigs have given them 12 offspring, and their water buffalo gave birth soon after they received it. They also received seeds for a vegetable garden and the supplies to build their own fishpond.

Now, say the Lahunas, they have enough food. "We can eat fish from our pond," said Asu, or sell piglets for income. Last year, they even had a surplus of vegetables from their garden and were able to sell some to nearby villages.

Since we became project members, I can see that our health has improved," said Asu. "I think it's not only because of more food, but, because we are more secure, our mental health is better also."

Life is by no means easy for the La-

hunas now. Yuri still has to rise at 5:30 every morning, cook breakfast and feed the animals before heading to the fields. But their life is improving.

Outside, the clouds passed and the relentless tropical sun returned. As the tea glasses were cleared and everyone prepared to return to work, Asu admitted that before joining the Heifer project, he didn't think much beyond the immediate situation. "But I believe if we keep raising animals, growing tea and saving, we will have a better future."

If they needed a sign of a promising future, the Lahunas have one: Their water buffalo will give birth again in December.

Reporting by Jaman Matthews, World Ark senior editor. Photo by Russell Powell.

A Helping Hand

Heifer Poland project assists those affected by record floods

RECORD FLOODS STRUCK Poland in May and June 2010. At least 14 people were killed. Thousands of others from rural areas were evacuated, along with their livestock. Crops were inundated.

Heifer Poland started a project to help.

On June 19, members of the Heifer project in the community of Pierzchnica collected hay for farmers from the region who suffered most from the floods. Lech Lewandowski, the project's leader, organized the effort and other Heifer families

joined in. Their goal was to collect 400 bales of hay. They ended up gathering more than 1,300 bales. One farmer donated 120 bales. The project members also donated corn and potatoes to the flood victims.

Thanks to their action, 52 families who lost their crops in the flood received help. Now, if they could just get some help with the mud and mosquitoes.

Reporting by Adriana Germel, Heifer Poland public relations and communications officer.



Devastating floods in spring 2010 displaced thousands in Poland. A Heifer Poland project provided food to victims and their livestock.



PHOTO BY MATT BRADLEY

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 and 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. **Program dates for Women's Lambing at Heifer Ranch:** March 24–27; March 27–April 1; April 1–3. **Program dates for Livestock Birthing at Overlook Farm:** March 25–28 and March 28–31; April 1–4; April 8–11; April 11–14 and April 18–21.



PHOTO BY MATT BRADLEY

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–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–6th grades)

Location: Heifer Ranch



PHOTO BY RUSSELL POWELL

GLOBAL GATEWAY

Experience the daily struggles that people in poverty face to simply feed their families. At the Heifer Ranch, the Global Challenge program combines Global Gateway and the Heifer Challenge Course 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

YOUTH PROGRAMS

Each year, Heifer Ranch offers programs for young people and their families. All programs require a minimum age of 12 and one accompanying adult chaperone per five youth.

GLOBAL GATEWAY

Program dates: March 26–27, 2011

Location: Heifer Ranch

For one night, Global Gateway participants experience the daily struggles people in poverty face every day to feed their family a meager meal. Participants are given little to eat—just some rice, vegetables and eggs—and must find a way to build a fire and cook their meal. The challenge continues on into the night as they sleep in simple housing, such as a Zambian hut. (6th grade and older plus accompanying adult)

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 issues related to world hunger and poverty are offered at Heifer learning centers throughout the year.

HEIFER U FOR COLLEGE AND UNIVERSITY STUDENTS AT HEIFER RANCH*

Location: Perryville, Ark.

Program dates: Feb. 10–13, 2011

HEIFER U 101 AT HIDDEN VILLA

Location: Los Altos Hills, Calif.

Program dates: March 3–6, 2011

HEIFER U 201: ANIMAL WELL-BEING AT HEIFER RANCH

Location: Perryville, Ark.

Program dates: April 28–May 1, 2011

HEIFER U 201: PEACE INITIATIVES

AT HIDDEN VILLA

Location: Los Altos Hills, Calif.

Program dates: April 28–May 1, 2011

HEIFER UNIVERSITY FOR COLLEGE AND UNIVERSITY FACULTY AND STAFF AT HEIFER RANCH*

Location: Perryville, Ark.

Program dates: May 19–22, 2011

Program Cost: \$225/person (This includes all meals, lodging, program fees. Transportation to and from the Little Rock airport is provided for courses at Heifer Ranch.)

* Scholarships available. Apply online at www.heifer.org/heiferu.

For information, e-mail heiferu@heifer.org or call Todd Montgomery at (501) 907-2865.

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

Study Tours

AFRICA

Sierra Leone: Feb. 11–20, 2011

Uganda: April 3–12, 2011

Zimbabwe: May 9–18, 2011

Tanzania: July 2011

AMERICAS

Honduras: March 13–20, 2011

United States (New Orleans): March 13–19, 2011

Canada: June 5–11, 2011

Ecuador: June 20–28, 2011

ASIA/SOUTH PACIFIC

Indonesia: Jan. 17–26, 2011

Thailand: Feb. 5–15, 2011

CENTRAL/EASTERN EUROPE

Albania/Kosovo: May 10–20, 2011

Lithuania: June 16–25, 2011

Ukraine: Aug. 29–Sept. 7, 2011

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

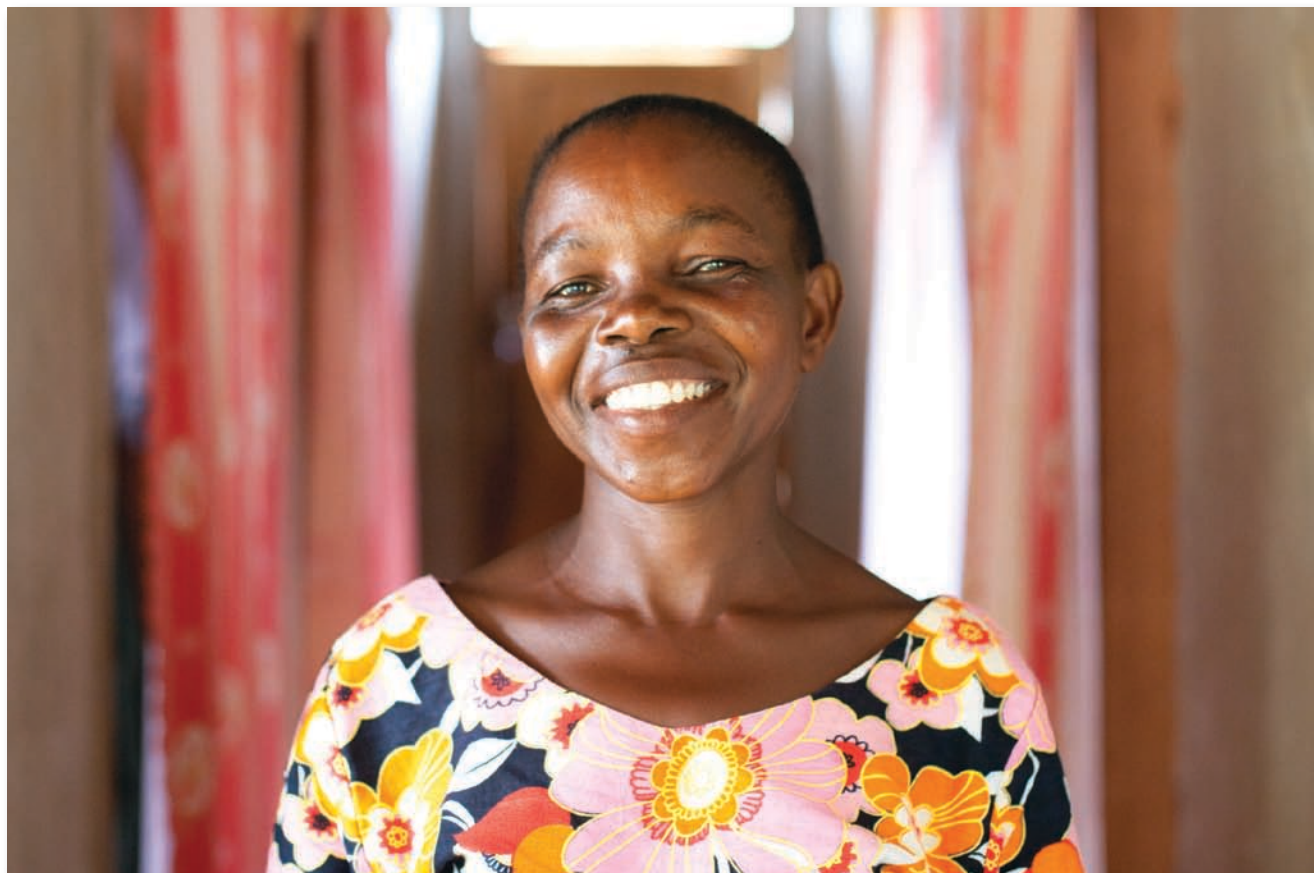
OVERLOOK FARM

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

HIDDEN VILLA

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

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



“The indigenous livestock we were keeping before could not provide our necessities. When we started the camel keeping, we found they can provide a lot. They brought a lot of positive changes to our lives.”

— HANAELI O. MSHANA

Hanaeli O. Mshana, camel group member in Same village, Tanzania, leads a tour of the new four-bedroom home she and her husband built after receiving income from the Heifer camel project. They are especially proud to be able to send their 7-year-old daughter, Sifa, to an English primary school.

To read more about the Same village camel project, turn to Page 20.

Photo by Dave Anderson

YOUR FRIENDSHIP CAN MAKE A WORLD OF DIFFERENCE



Friends of Heifer are dedicated and compassionate people who agree to give as little as \$10 a month to help support Heifer's work around the world. Your monthly contribution adds up to a steady supply of life-sustaining food and income for families who struggle with hunger and poverty. Each month we'll send you a special report detailing how your monthly gift is providing families a brighter, more hopeful future.

***Become a Friend
of Heifer today.***

**Call 888-5-HUNGER
(888-548-6437)**

or visit www.heifer.org/monthly



*Friends
of Heifer*

Frony Chaima, 6, shows off milk from her Heifer cow near her home in Chimbeta Village in Southern Malawi.



RP1110000



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This season, give
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back. Turn to page 29 of
this issue and browse
the Heifer International
Gift Catalog. Your gift
for a loved one will
give a struggling family
food, income and hope.
There's no waste,
no frantic shopping,
and no wondering if
it's the right gift.

