

Jo Luck Begins New Chapter With Heifer | 12

WorldArk

THE MAGAZINE OF HEIFER INTERNATIONAL® WINTER 2010

HEIFER MEXICO

Surviving the thin months | 22

+

Chimps, coffee
coexist in
Tanzania | 14

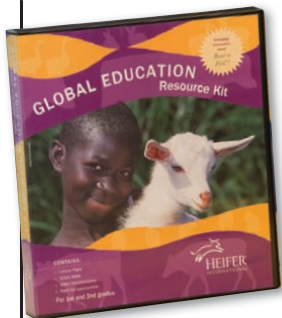
Giving in a Down
Economy | 30

 PASS ON
THE GIFT
HEIFER
INTERNATIONAL





Bring in a substitute teacher you know they'll love.



How can a pig improve your students' geography skills? Heifer's Global Education Resource Kits are based on national standards and put a new spin on courses like English, geography, science and others. Students will be inspired by stories showing how pigs and other animals from Heifer help people all over the world fight hunger and poverty. Visit www.heifereducation.org for these free resources. The kit is also available for order.



Dear Friends,

DURING MY YEARS WITH HEIFER INTERNATIONAL, I have had the great fortune to meet some of the world's most extraordinary individuals, many of whom you've read about in these very pages. Whether it is the profound generosity and compassion of Heifer's donors and friends, or the newfound hopefulness, strength and dignity of our project partners, I have experienced firsthand that the human spirit shines with optimism.

My journey toward Heifer began, like many of life's callings, suddenly and unexpectedly. More than 20 years ago, while in a different career, I taught a university class to adult students. I asked each student to create a detailed illustration of where specifically they would be in five years. As it happens more often than not, the teacher became the student in that classroom when I was asked to do the same thing. I stood in front of the class—caught a little off-guard and unprepared—but what I drew was a picture of me sitting on the ground in a circle with women and children, surrounded by a straw hut, chickens and trees. Clearly, it was an international rural setting, the first evidence of a new passion that welled in my heart. It was only a few weeks later that I was approached about a job at Heifer International.

If I were to return to my drawing, I would add depictions of the mutual respect between men and women, smiling children holding glasses of milk, and a Pass on the Gift ceremony. I have had the great honor to discuss world issues with government officials, speak to university students across the United States and accept numerous awards on behalf of Heifer International. But at the heart of my experience have been the times when I have sat with, listened to and connected with families struggling to lift themselves out of poverty. Now, however, it is time to pass on this gift to a new CEO.

As the wisdom says, "There is a season for everything." While I would like to serve as Heifer's president and CEO forever, I know that it is time for Heifer—and me—to move into a new season. Effective Jan. 1, I moved into the position of president. Former board member Charles O. Stewart will serve as interim CEO during the president and CEO search



PHOTO COURTESY HEIFER BRAZIL

Jo Luck visits with a family in a camp for landless farmers who are hoping the government will grant them the use of currently unproductive land in the Brazilian state of Paraná.

and recruitment process. You can read more about these transition details on Pages 12-13.

I look forward to spending the next year focusing in large part on writing a book about my experiences with Heifer International. The book will be from my perspective, but it is also your story, the faces behind Heifer International's work. I hope that you will think of yourself as a co-author to Heifer's story.

It has been a great honor to help lead this organization for more than 20 years and to write to you in this space, to read your letters and to celebrate with you. Now, I must ask: Where will you be in five years? I am certain that Heifer will continue to effectively change lives around the world, as it is you and our project partners who have always made Heifer's work the effective model that it is. I will never be too far away, determined to be Heifer's loudest cheerleader.

I am humbled and honored to have had the privilege to serve with you.

—Jo Luck
President and CEO

Company Takes **STEP** To Make Its **CHARITABLE FOOTPRINT**

When Xirgo Technologies was looking at different ways to give back, it was the sustainable approach Heifer International employed in its mission of ending hunger and poverty that most closely fit the company's commitment and values. Xirgo was then guided to Heifer Foundation, a global partner of Heifer International that provides long-term support through endowment and planned giving.

Kris Kelkar, CEO of Xirgo, decided Heifer Foundation's online endowment giving Web site, Hope Equity, was an ideal method of contributing to the sustainable projects of Heifer International. "Hope Equity fit in perfectly," Kelkar said. "Not only are we giving to a cause that's sustainable, but also the endowment method of giving itself is sustainable."

Xirgo Technologies, LLC, located in Camarillo, California, is a leading provider of machine-to-machine communication solutions. Xirgo owners established the Xirgo Technologies Endowment through Heifer Foundation in 2008 as a way to give back to society in appreciation for their success. Charitable gifts made through Hope Equity are invested long-term to provide continued support for those in need. Every year, income from the endowments is made available to where the funds are most needed or to the specific hunger and poverty areas, such as countries and initiatives, the donor has selected.

"Xirgo designs and builds electronics products that are essentially cell phones that allow machines to talk to each other directly without human intervention. Applications for our products include fleet management, automotive insurance and vehicle financing," Kelkar said.

Kelkar said it was about a year ago when the six Xirgo partners decided to find a way to give back that reflected the values of Xirgo's owners. The partners all agreed to support Heifer because of the truly unique way in which the organization empowers needy families throughout the world to transform their lives using livestock, agricultural training and educational opportunities.

The owners believe that having the endowment on Hope Equity provides a forum for all Xirgo Technologies' stakeholders to share in creating a perpetual positive footprint on this world. Kelkar said Hope Equity "provides a mechanism for us to invite other stakeholders, both suppliers and customers, to also contribute."

To view the Xirgo Endowment on Hope Equity, please visit, www.hopeequity.org/xirgo

**Xirgo Technologies partners
with Heifer Foundation
to provide long-term support
for ending hunger
and poverty**



Pictured Left to Right – Don Bosch, Steve Loughran, Kris Kelkar, Nader Barakat, Roberto Piolanti, Shawn Aleman

hope  equity

GOOD THAT GROWS

www.hopeequity.org



Contents

22 In Rio Negro, Mexico, it's hard for villagers to grow crops in the rainy season, and paychecks from coffee harvests are still five months away.

FEATURES

- 12 New Chapter With Heifer**
After 20 years with Heifer, Jo Luck begins a new role as president, a move that will keep her engaged in Heifer's mission and allow her the time to write a book chronicling her travels and experiences.
- 14 Chimps, Coffee Farmers Coexist**
By Chris Kenning
A shade-tree conservation project in Tanzania preserves chimpanzee habitat and helps subsistence farmers improve yields and profits.
- 22 Surviving the Thin Months**
By Jaman Matthews
In the long stretch between coffee harvests, poverty and hunger grip the small mountain communities of southern Mexico. But a partnership between Green Mountain Coffee Roasters, a local co-op and Heifer International is changing that.
- 30 Hard Times for Nonprofits**
By Lauren Wilcox
Donations are shrinking at the very time need grows. What a global downturn means for nonprofits as they strive to continue, and even expand, their work.

COVER: Patrisia Esmeraldo Arguello Salas, age 6, befriends a chicken in Rancho Bonito, Mexico. Cover and top photo by Russell Powell.

DEPARTMENTS

- 4 Letters**
Readers Respond
- 6 For the Record**
All about eggs
New animal species
- 8 The Good Life**
A pantry for the world
Harvest: Grapefruit
- 10 Asked and Answered**
Gary Nabhan on Renewing America's Food Traditions
- 36 Mixed Media**
From the Farm to the Table
AIDS Now
- 38 Heifer Bulletin**
Ghana's dairy industry
Lithuanian teaching farm
- 41 Heifer Spirit**
Pass on the Gift Month
Soccer balls for Rwanda
- 50 Calendar**
- 52 First Person**
Diversifying Income

HOLIDAY THANKS

I just wanted to let you know what an outstanding publication I find *World Ark* to be. Each article provides three vital components: the personal to draw me into the story; the big picture to educate me on how the pieces fit together; and a piece of the solution to give me hope and inspire me to take action. While poverty and hunger can be quite depressing topics, I am always uplifted when I read *World Ark* and motivated to contribute to make this world a better place.

JUDY BERLFEIN
Encinitas, Calif.

In your Holiday 2009 issue letters column, Julie Spickler of Menlo Park, Calif., wrote that she was sad that 11 children have been born into a particular family in Bolivia, and she wondered what Heifer was doing about “this problem.” Has anyone inquired of these children whether any of them consider their birth a problem to be solved by those who consider themselves better informed in what Ms. Spickler called family planning? Thank you for all you do to help families large and small become economically self-sufficient.

STEPHEN KENT
Niceville, Fla.

Q&A WINTER

Have you ever had an experience that made you think of poverty in a new way?

E-mail your nominations to worldark@list.heifer.org. Please limit your answer to 250 words or fewer. We reserve the right to edit responses for length, clarity or grammar.

Judge not your generosity by how many people are dependent upon you, but by how many people become Independent because of you.

JAMES H. H. LAMPERT
Fountain Valley, Calif.

PASSIVE-PROGRESSIVE

Thanks for another excellent holiday *World Ark* issue, and most especially the “Tip for Better Living” titled “Passive-Progressive,” about the super-efficient Passivhaus originally developed in Germany. It is truly empowering if one can be relatively independent of escalating energy costs, and I thought your readers might like to know that certified Passive Houses are being built in the United States now, too. As one of the first certified Passive House consultants in the U.S. and the first in Michigan, I advise interested readers to visit www.passivehouse.us, the official site of the nonprofit Passive House Institute U.S.

CHRISTINA SNYDER
Manchester, Mich.

NOT SO SWEET

My husband and I have been occasional contributors to your fine organization—apparently, because we received your newest publication. I am shocked to see the recipe for “Aunt Dan’s Sweeties.” Never have I seen more misuse of a healthy vegetable! Sweet potatoes are superb when simply baked at 350 degrees for about an hour, or until tender. Scoop out the pulp and mash with real butter and you have a wonderful, healthy side dish. Where on earth did that recipe come from?

GERRY CARLETON
Oxford, Ohio

ALL WET

In “Swimming In It” (Holiday 2009, Page 5), you state, “On average, each person on Earth uses 328,366 gallons

of freshwater each year for drinking, cooking, cleaning and flushing waste down the toilet.” That is incorrect. The figure you cite appears to be the “water footprint” of the world. But the “water footprint” is not the household consumption by individuals. It is rather the total amount of water that is used to produce the goods and services consumed by the inhabitants. (See www.waterfootprint.org.) Most of that water use is industrial. Only a fraction of it is for drinking, cooking, cleaning and flushing.

SUSAN HAUSER
Rochester, N.Y.

The article about average freshwater use in the Holiday 2009 issue was very misleading. There is no way any one person could use the amounts the article claimed for drinking, cooking, cleaning and flushing the toilet unless the water used to grow food, produce energy and treat waste is included. I immediately checked my water bills for the last year and found that my wife and I together had used only 48,000 gallons. I don’t believe we are so exceptional in conserving water (which we try diligently to do) that we use less than 1 percent of the 655,939 gallons the article says the average American uses and about 30 percent of what the average Yemeni uses. Please explain how the figures in the article were derived.

MICHAEL TULLIUS
Rosemead, Calif.

Editor’s note: The item on individual water use in the Holiday 2009 edition should have noted that the figures used included water consumption from electricity production and industrial use. World Ark regrets the error.

SHINE LIGHT ON SOLAR COOKERS

I just read through your [Holiday 2009] magazine today and did some of my Christmas shopping. I was interested in

the article "Fuel for Thought" but felt that it missed a significant point. One solution for the solid-fuel crisis in developing countries is the solar cooker. This is a simple technology that uses simple materials to make long-term, low-intensity heat. The heat is ideal for sterilizing water and cooking hard foodstuffs. I've supported the efforts of Solar Cooker International for many years. It seems to me that it could be an ideal synergy if you could help spread their message in those areas where solar cooking is a good solution.

TOM PFLASTERER
Claysville, Pa.

ON ISRAEL

I am grateful to Heifer's *World Ark* magazine for enlightening me about conditions in parts of the world that I may never experience firsthand. However, in the article "Never the Same," I encountered a statement about a part of the world that I do know well which I feel is misleading. The article cites the U.N. list of countries in which child soldiers are fighting, which includes Israel. Military service is mandatory in Israel, but under no circumstances would any Israeli be conscripted under age 18. The child soldiers referred to are from the group that refers to themselves as Palestinians, who do not include themselves as part of the nation of Israel and do not serve in the Israeli army. It is ironic that the U.N. recognizes Palestinians as separate from Israel in all other ways, but lumps them with Israel with respect to the unconscionable practice of child soldiering.

DR. SHANI FOX
Portland, Ore.

Editor's note: World Ark received several comments about the U.N.'s inclusion of Israel on the list of nations in which child soldiers are fighting. The list is of countries where children are engaged in fighting, not of countries whose governments mandate

or even approve of the use of children as soldiers. Many fight for rebel or opposition groups not associated with any government. As many readers noted, this is a very important distinction.

OPEN BOOKS

I agree strongly with Ms. Ellen Leopold, whose letter in *World Ark* [Holiday 2009] opines that financial figures for the operation of Heifer International should be available to its contributors. I have contributed regularly to Heifer since its very beginning and admire its work and accomplishments. Nevertheless, if it is unwilling to tell me what it spends on salaries, travel, other benefits and perquisites for its staff, from the president on down and, for that matter, any other expenditures for any purpose, then I am not sure it should have my support. I feel certain that most contributors will feel more comfortable with management of the organization and more likely to give freely if its financial records are transparent.

H. MORRIS COX JR.
Clemson, S.C.

Editor's note: Heifer International makes every effort to be fully transparent and welcomes inquiries about our finances. The organization's annual report, as well as copies of our IRS 990 forms, are available online at www.heifer.org/finances. If you prefer, you can also call our donor services department at (800) 422-0474.

*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.*



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

Heifer International is a member of InterAction, the largest alliance of U.S.-based international development and humanitarian non-governmental organizations, and of Global Impact. Federal and state employees may designate gifts to Heifer through payroll deduction by entering CFC #12079.

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The FSC Logo identifies products which contain wood from well managed forests certified in accordance with the rules of the Forest Stewardship Council.

Eggs-cellent!

One egg provides 6 grams of high-quality protein, 12 percent of the recommended daily value. It also provides 13 essential nutrients, including choline, folate, iron and zinc. And egg yolks are one of the few foods that naturally contain vitamin D. All that for only about 75 calories.

160 BILLION

The number of eggs produced each year in China, the world's leading producer. The country is also the largest consumer of eggs, with the average Chinese eating 38 pounds of eggs a year, or more than 25 dozen.

257

The average number of eggs a laying hen lays in a year.

BRAIN FOOD

Recent studies show that choline, a nutrient found in eggs, contributes to healthy brain function and reduces birth defects.

ROOSTER TALE

Contrary to what some people think, no rooster is needed for a hen to lay eggs. The rooster is only needed if the egg is to be fertilized to produce chicks.

ASSORTED COLORS

The color of an egg's shell has nothing to do with its quality or taste. Different breeds of chickens lay different colored eggs. Generally, white-eared hens lay white eggs; dark-eared hens lay brown eggs. Then there is the Araucana, a breed that lays pale green and blue eggs. No word on their ear color.

MAKING THE GRADE

Ever wonder what the difference is between a grade AA and a grade A egg? Not much, really. The grade is a measure of quality, not nutritional value. When cracked, a grade AA egg doesn't spread out much and has a firm, round yolk. Grade A eggs exhibit almost the same qualities. Grade B eggs, usually processed into "egg products," are just as safe and nutritious but when cracked have thinner whites and slight imperfections in appearance.

MYTH BUSTED

Have you ever waited until the exact moment of a spring or autumn equinox to try to balance an egg on its end? Well, you wasted your time. Whatever line you were fed about special gravitational forces at the equinox, you can balance an egg on its end as well on April 1 as you can on March 21.

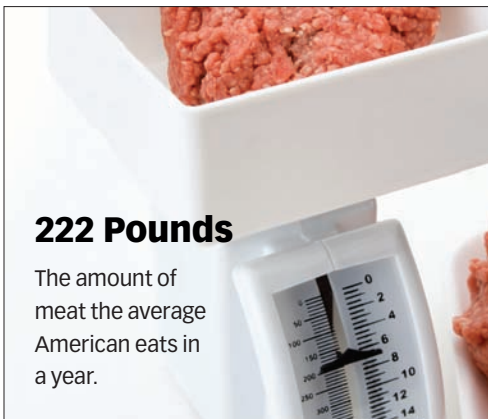




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Your Pet's Ecological Footprint

A new study by sustainability experts from New Zealand will not be welcome news to ecologically minded pet owners. Their research, presented in the new book *Time to Eat the Dog?*, found that a medium-sized dog eating a recommended diet consumes more than 360 pounds of meat and more than 200 pounds of grain each year, giving it an eco-footprint of more than two acres. For comparison, an SUV like the Toyota Land Cruiser, driven roughly 6,000 miles a year, only has a footprint of about one acre. Cats are better, with a footprint of just over a third of an acre, but the lowly goldfish rates best at 0.0008 acres, or about 36 square feet.



222 Pounds

The amount of meat the average American eats in a year.

Jargon

CLOUD FOREST: a wet tropical forest at an altitude usually between 3,000 and 8,000 feet above sea level that is characterized by a profusion of epiphytes, like mosses, ferns and orchids, and the presence of clouds even in the dry season.

Based on Merriam-Webster's Collegiate Dictionary



PHOTO BY JEFF MOORE

World's Tiniest Deer

More than 350 new species have been discovered in the past decade in the eastern Himalayan Mountains of China, Nepal, Bhutan and northern Myanmar, including the world's tiniest deer, the miniature muntjac or "leaf deer." An adult leaf deer stands less than 20 inches tall and weighs less than 25 pounds. Unfortunately, this area is threatened by climate change.



ERIC LREE/USDA-ARS

Microbes and Me

The microbe cells in and on the human body outnumber the body's own cells 10 to 1. Microbes flourish in the human gut, where they help us digest food and boost our immune systems. But they also live externally. Each of your hands is home to more than 150 different species of microbes. So why can't we see these millions of hangers-on? Because microbial cells are many times smaller than our own cells.



Banking on Better Nutrition

Food banks work well here in the United States, so why not share best practices and how-to with other countries? That's the thinking behind The Global Foodbanking Network, which formed in 2006 to help get food banks up and running and improve already existing ones around the world. The organization is already working in 30 countries.

Among its first targets was South Africa, where the organization brought together people in need, corporations, government ministries and faith leaders to open food banks in a handful of urban centers. More than 30 more are planned in both cities and the countryside. The food, which is always of good quality but may be packaged in dented or mislabeled containers, goes to schools and day care programs, food pantries, soup kitchens, AIDS and tuberculosis hospices, substance abuse clinics, after-school programs and other nonprofit organizations.

The Global Foodbanking Network is also testing other ideas, like a "lunch buddy" program in which school nutrition workers in more affluent communities prepare lunches and send them to children in poorer schools.

For more information about The Global Foodbanking Network, visit www.foodbanking.org.



How bad is it?

Open up your pantry or medicine cabinet, and you could open a Pandora's box of questions. Could that hand lotion cause cancer? Was your toothpaste made by underpaid workers in a dangerous factory? Will the packaging of your roll-on deodorant ever decompose in a landfill? Luckily, a team of scientists and engineers is already on the case to answer those questions for you. The GoodGuide, a website and iPhone app, ranks products on a scale of 1 to 10 based on environmental impact, corporate social values and health implications. Learn more at www.goodguide.com.

PLAYING FOR PEACE

Promoting peace has a new groove: The Playing for Change Foundation. This young nonprofit's aim is to inspire, connect and bring peace to the world through music. The group's first CD, *Playing for Change: Songs Around The World*, features feel-good music aimed at getting toes tapping.

The album features musicians from around the world, New Orleans to Nepal, performing classic tunes. Visit www.playingforchange.com to purchase the CD for \$13.98. The website also offers ways to promote peace and support the Playing for Change Foundation, which recently opened its first music school in South Africa. The school provides a safe, creative environment for children to study music and connect with other students worldwide.



Green Thumb

Don't forget about your trees and shrubs when winter precipitation falls. If ice or snow is making your front walk dangerous, be careful when applying salt, which can harm nearby shrubs and plants. Consider using sand, instead. And when snow blankets your evergreens, use a broom to shake it off so limbs won't snap under the weight.



Harvest: Grapefruit

This hefty, juicy breakfast staple is a winter favorite, growing strong right now in Florida, Texas, Arizona and California. Native to the West Indies, grapefruit came to the U.S. in the 1820s. But it wasn't until a chance mutation on a Texas orchard created the sweet and zingy Ruby Red that grapefruit became popular. Half a grapefruit provides about 80 percent of the vitamin C you need each day.

Not many foods are honored with utensils specially designed for them, but grapefruit warrant their own knife and spoon. The knife is serrated and curved at the end to efficiently separate the bitter rind from the sweet pulp. The spoon also has a serrated edge, making it easy to slice and scoop out grapefruit sections from between the membranes.

For a new take on grapefruit, give this recipe a try.

Fruit and Cheese Salad

8 cups torn salad greens
3 grapefruit, peeled and sectioned
1 cup seedless red grapes, halved
3/4 cup crumbled blue cheese
1/2 cup thinly sliced red onion
1/4 cup chopped walnuts, toasted
1/4 cup cider or red wine vinegar
2 tablespoons olive or vegetable oil
2 tablespoons honey
1 tablespoon Dijon mustard
1/4 teaspoon salt

Directions:

In a large bowl, combine greens, fruit, cheese, onion and nuts. In a small bowl, whisk together vinegar, oil, honey, mustard and salt. Pour over salad and toss to coat.

Food fight for the ages



Gary Paul Nabhan is founder of the Renewing America's Food Traditions (RAFT) Alliance and editor of a book by the same name. His work has been honored with a MacArthur "Genius" Fellowship, a Burroughs Medal for Nature Writing, and a Lifetime Achievement Award from the Society for Ethnobiology. He lives in the desert of Arizona where he raises Churro sheep, heritage turkeys and heirloom crops.

In his latest book, *Where Our Food Comes From: Retracing Nikolay Vavilov's Quest to End Famine (2008)*, Nabhan tells the story of the Russian botanist Nikolay Vavilov, who dedicated his life to collecting hundreds of thousands of seeds from five continents to preserve genetic diversity and guard against hunger. Retracing Vavilov's path during the early 20th century from Mexico and the Colombian Amazon to the glaciers of the Pamirs in Tajikistan, Nabhan illustrates the changes that have occurred since Vavilov's time and why global food diversity still matters.

Interview by Heidi Busse, *World Ark* contributor

WorldArk: *What impact has globalization had on the farming traditions and culinary traditions of the places you and Nikolay Vavilov studied?*

GARY NABHAN: When I first read about Vavilov, I was impressed that he had discovered that most of our foods originated in just a few biodiverse regions around the world—Ethiopia, southern Mexico, the Mediterranean and Central Asia. But by the time I began growing and conserving crops myself, it had already become clear that many of the crop seeds and livestock breeds he described at the beginning of the 20th century were already extinct or endangered. Because they form the basis of our food supply and potentially buffer us from climate change and diseases, this loss alarmed me.

In your travels to follow Vavilov's path, where did you find the most vibrant food cultures, and what made these communities so rich?

A few years ago, I helped conservation scientist Ken Wilson of the Christensen Fund shape a global program to support both the diversity of cultures and the diversity of crops in the geographic areas now known as the Vavilov centers. Ken invited me to do on-ground assessments of how and why food biodiversity in these areas has changed over the century and to document the ways that indigenous cultures have, against stiff odds, continued to protect the seed and breed varieties that survive to this day. In essence we realized that wherever there is a diversity of farming cultures in a relatively remote or rugged mountainous zone with high wild biodiversity,

there is also a high likelihood that crop and livestock biodiversity have survived as well.

What cultural responses to globalization have you seen?

In some cases, an entirely different way of farming—with groundwater pumping, mechanization and high fossil fuel use—replaces a more resilient, low-impact way of farming. But indigenous cultures are not passive victims of globalization. They resist it in places, selectively filter out its worst effects in others and hang on to what remains of value. For instance, globalization has clearly reached the desert farming oasis of Siwa, near the Egypt-Libya border, causing loss of local control of groundwater pumping and resulting in salinization of lands. At the same time, Siwans



PHOTOS BY MARK DOHM

Nabhan (front with apple on head) with apple explorers and pomologists at the Forgotten Fruits Summit.

tenaciously hang on to their perennial fruit crops—dates, olives, figs and dozens of others—not only because of their salt and heat tolerance, but also because they take pride in their traditional cuisine. To have true food security, folks must have access to diverse, affordable, culturally appropriate foods.

How does this international experience inform your work as founder of the Renewing America's Food Traditions Alliance?

I realized a long time ago that we can't ethically express our concerns about the loss of heritage livestock breeds and heirloom vegetable seeds in other lands if we don't take care of those at our own back door. When the U.S. Department of Agriculture began in the 1880s, it was charged with making a complete inventory of native and immigrant crops, livestock and poultry already adapted to American conditions. It never even finished that fundamental task. In 2005, I asked a number of nonprofits, including the American Livestock Breeds Conservancy, Slow Food USA and the Chefs Collaborative, to collaborate not only on completing that inventory, but to bring back the foods unique

to America that are on the brink of extinction.

By "bring back," I mean to take the best, most adapted varieties and bring them back to our kitchen tables, back to our celebrations, back in our bellies, and to pay farmers and ranchers better to enable this restoration. *Renewing America's Food Traditions* lists more than 1,200 breeds and seeds at risk in North America, and profiles some 90 foods for which there are already efforts at agricultural and cultural recovery. This is conservation with a human face to it, where not just poultry and fruit tree genes are being conserved, but recipes, stories and management practices are being documented and restored to their rightful places in our rural and urban communities.

How would you characterize the significance of the Forgotten Fruits Summit that you and I recently organized, gathering the country's experts in conserving heirloom apples?

There are more apple varieties unique to North America than there are varieties of any other individual plant or livestock species, some 14,000 by last count. But more of these are

threatened and endangered, possibly 85 percent, than any other food. The dozen or so old-time apple explorers and pomologists at the Forgotten Fruits Summit collectively had some 350 years of field experience finding, grafting, conserving and promoting heirloom apples. We need to draw on their collective wisdom and practical knowledge if the youth of our country are to be mobilized to conserve the remaining preindustrial apple varieties. Today less than a dozen apple varieties dominate American commerce.

We're beginning an adopt-a-food initiative where apples historically named for particular American places are repatriated to the communities and replanted in every schoolyard and public place. This work has begun for the Newtown Pippin in New York. It is being proposed as the official heirloom for the "Big Apple" itself! It is time to reclaim the flavors and stories unique to American farmers, and re-root them in the American earth.

For more information visit www.garynabhan.com and www.raftalliance.org.

Heidi Busse is a Master of Public Health candidate with the University of Wisconsin's School of Medicine and Public Health, the Center for Global Health. She has worked with the Peace Corps, Heifer International, the Land Stewardship Project and the Department of Agriculture.



JO LUCK BEGINS NEW CHAPTER WITH HEIFER INTERNATIONAL

PRESIDENT AND CEO TO WRITE A BOOK ABOUT HER EXPERIENCES

For 65 years, Heifer International, through living loans of livestock, seeds and training, has helped millions of people around the world become self-reliant. For almost a third of those years, much of the inspiration and guidance for the work has come from Jo Luck, president and chief executive officer, who in her travels has amassed a library of personal stories and experiences.

Each trip, each project and each family provided a new step in Jo Luck's experiential journey, and now she begins yet another exciting chapter in her life, and in her life with Heifer International.

After 20 years, three as director of International Programs and 17 as president and CEO, Jo Luck is beginning a new role as Heifer's president, a move that will keep her engaged in Heifer's mission but provide an opportunity she has longed for—to write a book chronicling her two decades' worth of travels and experiences with the global hunger and poverty organization.

"As Heifer International's president and CEO, I have had the great honor and privilege of being actively involved in—and humbled by—improving the lives of families around the world," said Jo Luck. "I will certainly miss serving Heifer International in an executive capacity, but I look forward to my new role and all that will unfold as we turn this new page in Heifer's history."

"Under Jo Luck's leadership, Heifer International has grown into one of the world's most prominent hunger and poverty partners," said Doug Smith, Heifer International board chair. "We want her to continue to be engaged in Heifer's work, by passing on her gifts of wisdom and knowledge that will inspire others to join Heifer's mission to end poverty and hunger and protect the Earth."



Jo Luck, shown here at Heifer Village, is eager to share Heifer's story in her new book.

PHOTO BY RUSSELL POWELL

Just imagine the stories, he added.

"I have slept on dirt floors, gone without bathing for several days and prayed that no malaria-carrying mosquitoes would penetrate my bed netting," said Jo Luck. "I have been shot at in 'sniper alley' in Sarajevo, survived an earthquake in Chang Mai, been robbed in Bombay and Nairobi and narrowly missed getting on a plane that was hijacked in Burma," she added, giving just a hint of the experiences the book will reveal.

To work alongside Jo Luck and Steve Denne, Heifer International's chief operating officer, during the transition, the board has asked former Heifer board chair and retired Little Rock, Ark., bank executive Charles O. Stewart to serve as interim CEO.

"No one should have to follow Jo Luck," said Smith, "but Charles is the right person to build upon her strong foundation."

Leading the Transition

Charles Stewart is a former member of Heifer International's board, serving terms as vice chair and chair. He has made several international trips on behalf of Heifer, leading study tours, representing the board in global discussions or as a member of a smaller delegation inspecting Heifer projects.

One such recent trip was to Rwanda, to visit the East Africa Dairy Development Project, a partnership funded by the Bill & Melinda Gates Foundation to help dairy farmers form cooperatives that will help them boost production, improve quality and more easily get their products to markets.

"What surprised me the most," he said upon his return, "was the level of excitement and anticipation that the project holders demonstrated and the fact that in Rwanda this project has been a major part of helping toward reconciliation (between Hutus and Tutsis, who in the 1990s fought one another, a 100-day rage that killed nearly a million Rwandans)."

A native of Sweet Home, Ark., Stewart recently retired as executive vice president of the public institutions and non-governmental organization business lines at Regions Bank. Previously, Stewart served as senior vice president and corporate director of community development for Regions Financial Corp., where he directed community development and community investment activities in the bank's 16-state region, working to enhance community development and rural development projects, innovative small-business loans,

loans to minority- and women-owned businesses and neighborhood commercial development.

"I am excited about the opportunity to work more closely with the Heifer team, the program directors and the teams and families around the world, and to carry on the great work that Jo Luck has led over the years," said Stewart. "I am humbled to be of service in this important time of transition."

Stewart has served on many state and federal boards, including the Arkansas State Police Commission, Federal Small Business Advisory Council, the National Conference for Community and Justice and an advisory board of the National Institutes of Health of Washington, D.C. A graduate of the University of Arkansas at Little

Rock, he also graduated from the Louisiana State University Graduate School of Banking in Baton Rouge, La. He holds an honorary Doctorate of Humane Letters from Philander Smith College and is an Honorary Chief of a Maasai tribe in Tanzania.

Stewart was the first recipient of the University of Arkansas at Little Rock President's Award and an inductee into the UALR Hall of Honors. The National Conference for Community and Justice recognized him with a National Humanitarian Award, and he also received the Africa Women's Health Project International Empowerment Award. The son of the Rev. Frank J. and Ola F. Stewart, Charles is the father of two, Sherri and Christopher.



Charles Stewart, left, visits a dairy project in Rwanda.

PHOTO BY CINDY LATOURETTE

Stewart, a longtime friend of Heifer, brings a deep understanding of the work and the mission and has participated in several overseas trips on behalf of Heifer, including leading study tours.

"I am very excited about the chance to work more closely with the Heifer team, the program directors and the teams and families around the world," said Stewart, adding, "I am humbled to be of service in this important transition, to be a part of carrying on the great work that Jo Luck has provided over the years."

Smith said the board has appointed a search committee to help identify a permanent successor. Plans are to

announce a new president and CEO by January 2011.

Looking back at her years with Heifer, Jo Luck said, "I know that I have experienced life to its absolute fullest. The joy I have felt and shared after seeing lives filled with new-found hope and dignity is immeasurable."

Looking forward, she sees even more joy in continuing to serve an organization for which she has so much passion and pride. "Writing a book is a daunting task," she said, "but then there are so many amazing stories to share that I am eager to begin."

"My hope is that my contributions will continue to benefit Heifer and the families with whom we work."





Trees to Swing Through

**A CONSERVATION PROJECT
IN TANZANIA PRESERVES
CHIMPANZEE HABITAT AND HELPS
COFFEE FARMERS EARN MORE.**

**By Chris Kenning,
World Ark contributor**

Photos by Geoff Oliver Bugbee



KIGOMA, TANZANIA—It takes a three-hour boat ride along a stretch of Lake Tanganyika near the Congolese border, past soaring hillsides stripped almost naked by deforestation, to reach Gombe Stream National Park, the 30-square-mile patch of lush forests where primatologist Jane Goodall earned a global reputation studying chimpanzees.

For those hoping to actually see the elusive chimps, the journey is even longer. Ours had us pouring sweat as we followed researchers up dense, 70-degree mountain slopes. Insects buzzed around our heads as we pushed through tangled jungle, grabbing vines to haul ourselves up. Ahead, researcher Carson Murray's radio crackled with Swahili as word came from another chimp tracker on a distant hillside.

Finally, we heard it. Crashing through limbs in a tree just ahead was a striking black chimpanzee, 80 pounds of intelligence and curiosity behind piercing eyes. We traded a shock of recognition, and then she let out a loud hoot. We watched, squatting, as she munched a piece of fruit and then broke off a sizable stick to hurl in our direction.

It was a glorious encounter, akin to what Goodall might have experienced when she arrived here in 1960, but it's



Top: The port town of Kigoma on the shore of Lake Tanganyika bustles with fishing boats headed toward Gombe Stream National Park.

Left: A 10-year-old chimp named Golden by Jane Goodall Institute researchers hangs in the trees.

an increasingly rare one in this region.

Africa's chimpanzees are in rapid decline. As few as 150,000 remain in the wild in Africa, with significant populations spread through just four countries, compared with as many as 2 million at the turn of the last century in 25 countries. The decline is the result of vanishing habitat, a growing bush-meat trade and a swelling human population, including refugees fleeing Africa's wars, who have leveled forests for cooking fuel and land to grow crops. Deforestation is rampant in the Gombe ecosystem, isolating the roughly 100 remaining chimpanzees still inside Gombe. That alarms conservationists and researchers, who say that chimps remain critically important to biodiversity and science.

But here in Gombe, the chimps are gaining an unlikely ally—thousands of impoverished coffee farmers who surround the park.

Because coffee thrives under the shade of a forest canopy, and chimps don't eat coffee cherries, Goodall persuaded U.S. coffee importers to help farmers here raise their coffee's quality, price and sustainability. Two years into the project, better incomes are reducing the need to clear trees for other crops. Farmers are planting new trees that both shade the coffee crops and expand chimps' habitat.

Supporters hope sustainable coffee farming will eventually create a leafy corridor connecting chimp rangelands, allowing the chimps to expand their numbers. Meanwhile, farmers who are able to afford better food, education and health care are seeing that they have a stake in preserving a threatened ecosystem.

A DIFFICULT PATH

On a bluff overlooking a sweeping valley, farmer Johanes Bisaya walked a worn, muddy path into a thicket of 10-foot-tall coffee plants scattered under a canopy of shade and banana trees. Far in the distance, the hills were nearly bare, and smoke rose where villagers cleared brush. Bisaya

pushed aside a cluster of still-green coffee cherries. With tattered slacks, dirty plastic flip-flops and yellowed teeth, Bisaya's appearance hinted at his lifetime of cultivating the labor-intensive crop, earning just a few dollars a day while raising 10 children in a small mud-brick home with no floor.

Like most peasant farmers, he works only a tiny subsistence plot. His isolation from buyers made him vulnerable to opportunistic middlemen, and until recently he lacked the technical expertise needed to sell his beans as high-quality specialty coffee. The region is ideal for growing coffee, but quality suffered because farmers like Bisaya fermented their cherries in dirty buckets, dried them near where they raised chickens, and used other methods that corrupted the taste as the coffee was de-pulped, dried and processed. By the time Bisaya's beans reached a local auction, the price they brought barely fed his family.

Coffee farmer Johanes Bisaya inspects his coffee trees under a canopy of shade and banana trees.







Left: Hillside planting on cleared land exacerbates soil erosion and steals chimpanzee habitat. The boom in sustainable coffee farming in the area is keeping farmers from cutting down shade trees.

Far left: Coffee cherries ripen in the shade of tall trees that protect soil and prevent erosion. The terrain, altitude and soil quality in northern Tanzania combine to produce high-quality coffee.

“It was very difficult to live,” he said. “My children could not finish school.”

In the grip of extreme poverty, many resorted to cutting trees to make room for full-sun crops like corn or cassava, or to graze animals. In addition, a fast-growing population, including an influx of refugees fleeing Hutu-Tutsi conflict in Rwanda and Burundi and rebel-government fighting in the Democratic Republic of the Congo, created an unsustainable demand for wood for cooking and shelter. Green forests and open woodland turned into naked, sun-scorched land. Deforestation caused deadly landslides and robbed the soil of water for crops and drinking. Animals and birds grew scarce.

Eventually, Bisaya’s children had to go on miles-long walks to gather firewood. “We had to go close to Gombe [park] because all the trees around us were cut down,” he said.

Although the park was protected, Gombe’s scientists watched with alarm as residents stripped the trees up to the park’s edge in some places. There were incursions to hunt, and poor families went into the park to cut trees to sell as firewood or to use for charcoal.

The deforestation was taking a toll on chimpanzees. Most of the chimps outside the park died. Chimps require huge amounts of land in which to feed and breed, and the 100 who remained inside the 20-square-mile park had limited ranges. Their small number created a lack of genetic diversity and an inability to increase their population. Some died from human illnesses brought into the park, said primatologist Anthony Collins, who has worked in Gombe since the 1970s.

In the southern portion of the park, he said, the numbers of chimps declined from more than 50 to just 10. “Pretty much anywhere chimps have come into contact with

humans, they pay a price,” Collins said. “The chimps here are really up against it.”

COFFEE = CONSERVATION

Goodall first came here in 1960, drawn by what were then more than 180 chimpanzees. She would wake early, drink a cup of coffee and hike up the hillsides to observe the chimpanzees’ social and learning habits. She ignored the standard research practice of calling chimps by numbers and gave them names such as Humphrey and Flo. One of her major breakthroughs was the discovery of toolmaking, which had previously been thought of as an exclusively human skill. Her work formed the foundation of modern primate research. In 1977, she founded the Jane Goodall Institute to protect chimpanzees and their habitats. Habitat destruction in the area, and its impact on chimps, has been a special concern.

“Pretty much anywhere chimps have come into contact with humans, they pay a price.”

—Primatologist Anthony Collins

During the mid-1990s, Goodall pushed reproductive health services, microcredit loans for sustainable businesses and a variety of conservation measures in hopes of stopping deforestation. But it wasn’t until 2006 that she combined her love of coffee with the plight of chimps. Goodall knew that chimps can coexist peacefully with coffee, but also that farmers, barely able to feed their families, had to have a stake in conservation if they were to stop cutting the forest for other crops.

“How can we think of saving the chimps if the human population around is clearly struggling to survive?” she asked at a gathering of specialty coffee growers in 2006, urging them to check out the region and see if a sustainable model could be developed.

Goodall attracted the attention of coffee importers including Portland, Ore.-based Sustainable Harvest and Heifer International corporate sponsor Green Mountain Coffee Roasters. Importers helped farmers become experts in producing, picking, sorting and processing specialty coffee. Some of the importers also encouraged organic methods and the use of drip irrigation. The importers worked with the farmers to build water-efficient washing machines, create de-pulping stations and centralize processing to im-

Better techniques mean farmers can increase their yield and profits without chopping down trees to expand acreage.

prove quality. The direct connection to Western sellers also meant better prices for the farmers, who could finally avoid profit-siphoning middlemen and the rock-bottom prices at the local auctions.

Two years after coffee importers began working directly with farmers here, participating farmers were getting almost triple their former per-pound price. The coffee's quality, and its storied connection to chimpanzees, allowed it to fetch the high prices.

Some farmers have been able to buy corrugated roofing for their homes and new bicycles to get themselves and their goods to markets. Others have been able to afford school fees for their children, and some villages have contributed to a school and a dispensary.

Nassor Siliba, a farmer with five children, said his village now has better access to clean water as a benefit of the washing station. Better prices mean fewer neighbors are pushed by poverty into the park to chop wood to sell as charcoal. He's no longer prisoner to low prices, which at times had forced him to smuggle his coffee into Burundi on bicycles through the woods.

"Now I can send all my children to school," Siliba said. "It's a blessing."

And while the area is still beset by deforestation, some gains can be seen. Fewer farmers are switching to open-sun crops. Better techniques mean farmers can increase their yield and profits without chopping down trees to expand acreage.

NOT YET MADE IN THE SHADE

Some farmers are still reluctant to plant shade crops or set aside forest. That's partly because farmers who own tiny plots still need to grow food to eat. And, some are unwilling to give up using pesticides and open sun. Leaders of coffee farming co-ops around Gombe are trying to keep higher prices from having the unintended effect of encouraging farmers to clear and plant more, instead of less.

"We tell them if they plant trees, it helps the soil, the coffee, and they can use it for home firewood," said Yahaya Omari Mawhisa, the chairman of the Kanyovu co-op. "Everyone's noticed the drastic change in the environment, but persuading people is a slow process."



Yahaya Omari Mawhisa, Kanyovu coffee cooperative chairman, represents the interests of 5,000 farmers who grow coffee along the northeastern shore of Lake Tanganyika.

So far, there hasn't been any appreciable boost in the chimp population. But experts say that while the coffee project is just one piece of the puzzle, it's an important one because it shows how to link conservation with sustainable businesses in developing nations.

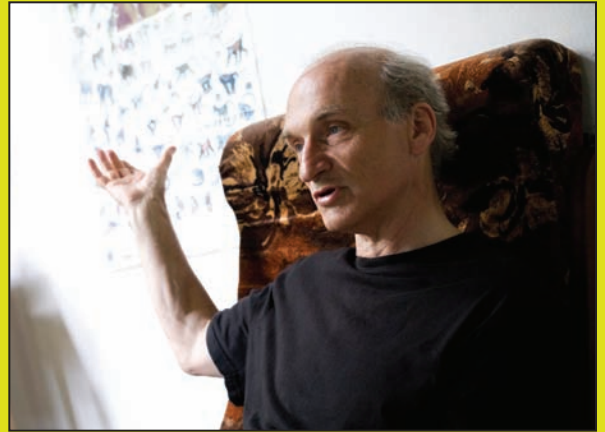
Back in the thickly forested slopes of Gombe, Murray, a researcher with the University of Chicago who splits her time between Gombe and the Lincoln Park Zoo, spends her days climbing the trails for a research project examining how maternal stress influences offspring health and development.

She said chimpanzees are an important species for conservation efforts because of their close relationship to humans. After all, chimps embrace, kiss, hunt, fight and form friendships like humans, she said. Goodall has even found precursors of compassion and altruism in their behavior.

"Through studying them, we come to understand our own history better," she said. "Conserving chimpanzees is not only imperative to the species but also to ourselves." ■

Chris Kenning is a newspaper journalist based in Louisville, Ky., who has written on global issues from Central America, Africa, the Middle East and Southeast Asia. He can be reached at ckenning2@gmail.com.

Change and chimps



Anthony Collins, primatologist and research director for the Jane Goodall Institute, spoke to *World Ark* last spring while sipping coffee in Jane Goodall's house on the shores of Lake Tanganyika.

What was Gombe Stream National Park like when Jane Goodall first arrived in 1960?

At that time, you could climb to the top of the ridge and see rolling hills, woodland and forest, a few scattered settlements, a bit of wood smoke. The park originally was much more open because people had lived here. Since it became a national park in 1968, I'm completely astonished at how it's regenerated. In areas where you could lie on the grass and look at the sky, now you can't even get through by crawling on your belly.

How has the land outside Gombe changed?

While the park is getting more forested, everywhere else is getting worse and worse. There are more people, more farms and more deforestation. There's erosion and gullies spilling into the lake, landslides, and the fish catches are going down. People are actually destroying the resources they depend on. The land cannot support the people on it.

How does that affect the chimps in and around Gombe?

In the beginning, there were chimps continuously inside and outside the park. As the human population increased, those were either exterminated or forced into the park. There were as many as 180 in the park, and now there are about 100. The environmental problems ... removed all their emergency food

supplies, and their ability to range outside for genetic variation. There was a certain amount of hunting, inside and outside the park. It's not just here: Chimps are in trouble all over Africa. People are cutting trees, farming, logging and hunting chimps for food.

Why did Goodall see Gombe-area coffee farmers as potential partners in conservation?

You can protect chimps by creating a national park, but some of us think the only way to secure the long-term future is to make it the responsibility of the people who live there—to give them a stake in the preservation. Around here, each person has a small plot, land is running out, and they're cutting more. So we wanted them to get maximum outcome from the land they have. For example, there's a good case for coffee, because it grows under a canopy of trees. This is where the collaboration with Sustainable Harvest comes in. They know how to improve the coffee and get buyers in. The farmers are encouraged to enhance their quality and go for a high price, instead of expanding, which helps the health of the community. Also, it encourages them to plant shade trees and preserve patches of forest so chimps can migrate through.

Will this increase the numbers of chimps?

That's our hope. But it will take some time. Eventually we'd like to see groups thriving outside the park and connecting to protected areas in Burundi.





The Thin Months

In the long stretch between coffee harvests, poverty and hunger grip the small mountain communities of southern Mexico. But a partnership between a coffee company, a local co-op and Heifer International is changing that.

By Jaman Matthews, *World Ark* senior editor

Photographs by Russell Powell

RANCHO BONITO, MEXICO—Saul Morales Cruz, dressed in a plaid shirt and straw cowboy hat like most men in this mountaintop village, stood on a bluff and motioned into the hazy valley disappearing below. Down there, he said, a two-hour walk away, is his small plot of coffee plants. And like the other men in Rancho Bonito, he makes the trek down steep and mud-slick trails to tend his plot every day. There is little else in this remote part of Chiapas.

Coffee is the main livelihood for many communities like Rancho Bonito in the mountains of southern Mexico. But, while coffee offers at least a meager income, it has one huge drawback: It is harvested only once a year, which means only one paycheck a year.

In mid-July, the coffee fruit were still small, hard, green berries. They wouldn't be red-ripe until December, which means many families here had seen no money since last winter and wouldn't see any more until next December.

In the mountains of Chiapas in southern Mexico, travel is slow and difficult. Vehicles are scarce, and what roads there are twist through the forest and are subject to washouts during the rainy season. Here, a man from the community of Rancho Bonito transports firewood using a donkey.



Coffee growers from Rancho Bonito, above, are members of CESMACH, a coffee-growers' co-op. Heifer International, along with Green Mountain Coffee Roasters, is working with CESMACH to provide community members with sustainable sources of food and income during "the thin months."

This time of uncertainty and hunger is known in coffee-growing communities throughout Central America as *los meses flacos*—the thin months.

"The thin months are the months of the rainy season, from May to September," said Alejandro López Musalem, Heifer Mexico country director. "Everything is lush, but it is not easy to do any cropping." It's a struggle just to get to the fields, and the constant rain inhibits seed germination and promotes fungal disease.

"Not only is there less access to money, but it is more difficult to grow food during this time, which adds to a lack of access to food," he said. The dirt roads flood and wash out. Even if villagers could get to a town with a store, the price of food skyrockets during the rainy season.

During the thin months, lenders prey on the poor families. High-interest loans, borrowed against the next season's coffee harvest, may keep food on the table for the time being, but guarantee another lean year ahead, even if the harvest is good. And so

the cycle continues.

But what are these communities to do? How can they break this annual cycle of scarcity and poverty? A fair price for their coffee is a start. No-interest loans. But they also need more diversified farms that will bring new sources of

income and healthy food if the thin months are to become less lean. A new project—a partnership between Heifer International, a local coffee farmers' cooperative and a Vermont coffee company—is seeking to do just that. Heifer brings to this partnership its expertise in small-scale livestock, new and sustainable food crops and market training.



SEASONAL POVERTY

While the term may be regional, the thin months are not unique to southern Mexico, or even Central America. It is a phenomenon more generally known as "seasonal poverty," defined for a recent conference at the Institute of Development Studies as "annually recurring periods when existing harvest stocks have

“Not only is there less access to money, but it is more difficult to grow food during this time, which adds to a lack of access to food.”

Alejandro López Musalem, Heifer Mexico country director

dwindled, little food is available on the market, and prices shoot upward.”

Throughout the tropics in particular, farmers must contend with cycles of scarcity, whether brought on by the floods of the wet season or the searing heat of the dry. Seasonal hunger affects about 600 million people worldwide every year. According to Stephen Devereux of the Institute of Development Studies, “Every year brings a kind of famine.”

But seasonal poverty can quickly descend from short-term scarcity into long-term famine and poverty. Experts at the International Development Studies conference warned of a scenario in which “a chain of shocks leads to the erosion of resilience of a whole community, turning the ‘normal’ seasonal hunger into a major catastrophe.” A chain of shocks could mean unseasonable weather, a global economic downturn and successive years of bad harvests.

Farmers in Rancho Bonito testified to unpredictable weather in recent years, and they are fully aware of the economic recession. In southern Chiapas, a good coffee harvest is usually followed the next season by a poor harvest. Last year, they say, was a bad harvest. They hope that this year will be good, but all it would take is another poor coffee harvest for the thin months to become the thin years.

THE THIN MONTHS STUDY

The road to Rancho Bonito is either a dusty track or a muddy scar, depending on the season. It climbs up and over the mountains in switchbacks. In the rainy season, washouts and mudslides force travelers close to the yawning precipice at the road’s edge. Occasionally a pack donkey follows a man up the road. It’s a three-hour trek by automobile to Jaltenango, the nearest town of any size. But automobiles are rare.

Maria Fernanda, 9, left, and Cristian Victoria, 7, play near their home in Rio Negro as storm clouds approach over the mountains. This is the rainy season, a difficult time for families who depend on coffee. The money from the previous coffee harvest is almost gone, and the next harvest is still months away.



Once the road reaches an elevation of 2,500 feet, coffee plants appear on the hillsides. Most of the coffee here is still grown in small, wild-looking plots. By mimicking the surrounding environment, these plots provide a habitat for small animals, protect plant diversity and prevent erosion on the steep hillsides. But as large-scale coffee operations and retail-store middlemen have pushed further into the region, the small-scale coffee farmer is finding it difficult to hold onto his land and compete in the market.

In 1994, three coffee-growing communities in Chiapas took a proactive step and banded together to form the coffee cooperative CESMACH, Campesinos Ecologicos de la Sierra Madre de Chiapas. The first season, the co-op was able to sell some of its coffee directly to U.S. markets, getting a better price by cutting out the middleman. By 2006, the co-op had grown to 10 communities and could afford to buy a cargo truck to transport freshly harvested coffee beans to Jaltenango, where group members set up their own coffee roaster, ensuring that even more of the final price goes to the farmers.

But even with a direct connection to the U.S., prices fluctuated, buyers came and went, nothing was stable. That's where Green Mountain Coffee Roasters came in. In 2001, Green Mountain, a Vermont-based coffee company, began buying directly from CESMACH. This not only ensured that the growers got a good price for their coffee but it also guaranteed a stable and reliable market.

But just paying a fair price was not enough for Green Mountain. "We believe that there is a direct link between the quality of coffee that we purchase and the quality of life in the farming communities that grow this coffee," said Rick Peyser, Green Mountain's director of social advocacy and coffee community outreach. "We believe it is right to support projects that improve the quality of life." Healthier communities, the thinking goes, result in a better product and sustainable profits.

So Green Mountain, in concert with the International



Left to right: Angel Ramirez, Marisol Gordillo Lopez and Keila Gordillo hold rabbits recently delivered by Heifer International.

Center for Tropical Agriculture, conducted a study in 2007 of coffee-growing communities in Nicaragua, Guatemala and Mexico "to determine whether the livelihoods of coffee-producing families were sustainable." What it found was that two-thirds of small-scale coffee farming families interviewed could not maintain their normal diet between three and eight months a year.

In Mexico, the study, which came to be known as "the thin months study," found that more than half of the farmers interviewed obtained most of their livelihood from coffee. The study also found that the average gross return per acre of coffee was \$465. In mountain communities like Rancho Bonito, the average size of family landholding is 10 or 12 acres, which translates into an annual income of \$4,500-\$5,500. That doesn't go far for a family, even in rural Mexico. As a consequence, 79 percent of those interviewed in Mexico reported a period of food shortage



Neftali Guillen lightly mists the blocks of mushrooms. Organic waste, like corn cobs and coffee pulp, is compressed into blocks, inoculated with mushroom spores and then placed in a dark, moist room to grow.



Lopez, from the coffee-growing community of Rio Negro,

during the year.

The problem of widespread seasonal poverty became clear, and Green Mountain recognized a responsibility to the farmers who grew their coffee. So Green Mountain began furnishing its coffee-growing communities with fruit trees—peach, avocado, citrus, pear and macadamia.

Green Mountain has planted more than 11,000 trees so far. The fruit trees provide year-round food, but alone they are not enough to sustain a family through the thin months. So, with the encouragement of Green Mountain, the communities of CESMACH approached Heifer International.

In 2008, Heifer began working with 183 families in 10 coffee-growing communities in southern Mexico. The project, funded by Green Mountain Coffee Roasters, will supply everything the farmers need to make it through the lean months—from rabbits to fish, from bees to mushrooms, and training in how to create local markets.

The first flush of mushrooms appears, food produced from what would have been thrown away. Community members have learned to prepare mushrooms, and they also sell the surplus from their homes.

HEIFER COMMUNITIES

Before Heifer and Green Mountain arrived, the only way most families in these communities could survive was to leave to find work outside the community. “The household is under severe pressure to earn money, especially during these months,” said Heifer Mexico Director López Musalem. “So the fathers—young adults, males—usually have to go work as construction workers, as farm workers on plantations or on ranches outside the region.”

In Rancho Bonito, several of the men spoke up. One man had traveled north to work in North Carolina. But most of the men don’t travel so far for work. They travel a few hours to the massive ranches that spread out across the valley east of here. And increasingly, they go to the city.

But urban migration simply trades one desperate situation for another. “These people are considered, by most of the middle class, disposable,” López Musalem said. They are largely uneducated and have no professional training and know no one in the city. “If they go to the city, they work domestic service or as cheap labor.”

Heifer’s primary goal here is to alleviate seasonal insecurity while allowing families to remain in their communities year round. “With the Heifer approach, what we want to do is have an impact at least in the food and nutrition aspects of the thin months,” López Musalem said. “Also, families can have a little bit of income, not only by selling surplus but by not having to go out and buy things that are usually much more expensive.”

CESMACH communities throughout the region are now receiving animals from Heifer. Heifer will provide more than 2,000 chickens and turkeys, 114 pigs, 85 rabbits, 70 sheep and 24 beehives, as well as horses, fish, vegetable seeds and fruit trees. In the next five years, the project will benefit 549 families—183 original families, 366 more through passing on the gift—from 14 coffee-growing communities. Each community works with Heifer to choose the right mix of animals and projects to suit local needs.



In Rancho Bonito, for example, coffee growers like Niver Salas Perez recently received pigs. Perez feeds his sow masa and kitchen scraps, supplemented with corn leaves and chayote vine that he collects with a machete from the surrounding mountainside. Without spending much money, Perez will be able to raise a sow and her litter. And pigs are very easy to sell here. Previously, if they wanted meat, the villagers had to make the trek to Jaltenango. Even then, most homes here lack a freezer. Now the family can keep what it needs and sell the rest to neighbors at a good price.

In Rancho Bonito, Heifer supplied pigs, and fish are on the way. In the community of Rio Negro, families chose to receive rabbits and sheep. In nearby Puerto Rico, project members requested draft horses to help them carry the harvested coffee beans from the steep plots.

In the community of Nuevo Colombia, project participants chose a mix of bees, sheep and pigs. But they also opted to try a new crop—mushrooms. No one in this community had eaten mushrooms, but they realized they could be harvested all year, eaten and the surplus sold, either here in the community or in the larger towns.

The mushrooms are grown in a small cinderblock room with a coffee sack over the window to keep out direct sunlight. Shelves line the walls, and on the shelves are misshapen masses that look like rough blocks of stone shot through with fossils. They may not be pretty, with chunks of corncob still visible, but they grow beautiful mushrooms.

The process goes something like this. Organic waste like corncobs, husks and coffee pulp are dampened, compressed into bags about a cubic foot each, then inoculated with the mushroom spores. These bagged blocks are covered and left to rest while the mushroom spores germinate and the fungi begin to grow. After several weeks, mycelia, the root-like part of a fungus, have developed and what was once loose rubbish is now bound together into a solid mass. These blocks are removed and placed on the shelves in the darkened room. With careful attention, the first flush of mushrooms will appear in two weeks.

Every day, Neftali Guillen must mist the blocks with water. He stops to show off a clump of perfect mushrooms. Already, his family has learned how to cook with them, and a handmade sign outside his home advertises, “Se vende hongo de produccion”—mushrooms for sale. Guillen harvests four or five pounds of mushrooms a day and gets about \$2 a pound for them.

“By having other activities in the backyard, like keeping chickens, like keeping sheep, rabbits, fish, they are able to feed themselves, have some source of protein,” said Heifer Mexico’s López Musalem. “Not only putting food on the table, but also offering good, healthy, fresh products to the other families in the community.” ■



Green Mountain Coffee Roasters is Heifer International's longest-running corporate partner, working with us since 2002. Green Mountain funded the entire CESMACH coffee co-op Heifer project. Rick Peyser, Green Mountain's director of social advocacy and coffee community outreach, spoke with *World Ark* about the partnership's work in southern Mexico.

How and when did Green Mountain Coffee first become involved in southern Mexico?

Green Mountain Coffee started purchasing coffee from Chiapas around 2000. We had been supporting Conservation International, and they introduced us to the El Triunfo Biosphere Reserve, an area they had identified as critical to the planet's biodiversity. They viewed small-scale coffee producers as a benign “buffer zone” between the reserve and the developing world that engulfs it and were seeking coffee companies to purchase coffee from these farmers.

What did Green Mountain Coffee learn from the study it underwrote on food security in southern Mexico?

We learned that 67 percent of the farmers we are purchasing coffee from cannot maintain their normal diet for three to seven months a year. Green Mountain started a process to make food security a key focus of our support, now and into the future. Since we received these results in the fall of 2007, we have started seven projects focused on eliminating *los meses flacos* [the thin months]—two in Mexico (including one with Heifer), two in Guatemala and three in Nicaragua. We estimate that these projects will directly touch close to 22,000 coffee farmers and their families.

Why does GMCR care about an issue like the thin months?

In addition to the basic issues of ethics and social justice, Green Mountain Coffee Roasters is interested in purchasing coffee from farmers over the long term. As such, we focus on developing long-term relationships that enable us to focus on coffee quality improvements, as well as supporting the farmers' efforts to improve their quality of life. When farmers and their families are unable to maintain their normal diet, they are generally also not able to invest in their coffee.



The community of Nueva Colombia perches deep in the Sierra Madre de Chiapas Mountains, several hours from Jaltenango, the nearest town. Heifer International and Green Mountain Coffee Roasters are working together on a project to reduce dependence on coffee by providing other sources of income during “the thin months.”

the view from Jaltenango

By Jaman Matthews, *World Ark* senior editor

Jaltenango is a dusty outpost in rural Chiapas, a grid of rough streets carved into the wide, dry plain below the mountains. From there, we took a three-hour drive over terrible roads to the coffee-growing communities where Heifer works, in the misty tropical highlands known as the cloud forest, around El Triunfo Biosphere Reserve.

The road deteriorated the further we traveled from Jaltenango, as did the weather forecast. In each small town we passed through, people hopped in and out of the back of the truck. Hitching a ride can save them an all-day walk. Once off the blacktop and into the mountains, travel slowed even more. During the rainy season, slick roads and mudslides are common. The roads twisted back on themselves as they climbed the mountains, and we tried not to look down the sheer sides. Eventually, on the other side of the mountains and around a bend, a small group of houses appeared.

Poverty is an elusive concept to pin down. Most of us have a preconceived idea of what poverty looks like. The people in these coffee-growing communities didn't fit

those stereotypes—there were no skeleton-thin children, no one was dirty or ragged, the view down into the coffee plots was breathtaking. There were even a few vehicles in some of the villages.

But all of these things hide the hardscrabble existence here. The vehicles are used to go to Jaltenango once a month for basic supplies, like beans and corn, not for joy-riding. The children may not be thin, but they are often severely undernourished. And even though the villages are surrounded by coffee, we never had coffee in any of them. Families here do not, it seems, drink the product they grow any more than an Iowa corn farmer consumes what he grows. Coffee is the way they eke out a barebones survival.



We arrived in the community of Rio Negro. I had traveled from Heifer's headquarters in Little Rock, Ark., to what seemed like an impossibly remote village in the mountains of southern Mexico. As we talked to a family of four in Rio Negro, the husband mentioned that, before the arrival of the Heifer project, he had gone to the United States for one year to work as a roofer. When I asked him where in the U.S. he had worked, he replied, “Arkansas.”

This was more than a chance encounter in an age of globalism; it was a realization that poverty has many faces. If a family cannot stay together because there is not enough work or money for them to survive otherwise, surely that is poverty. ■

Giving in a Down



Economy: What Do Hard Times Mean for Nonprofits?

A global economic downturn has eaten away at Americans' finances and feelings of security, forcing many to rein in their giving. Resources for nonprofits are shrinking at the very time the need is growing.

By LAUREN WILCOX, *World Ark* contributor

Illustration by Mariusz Stawarski

IN THE COMPLEX FOOD CHAIN that is the global economy, nonprofits claimed their place among the victims of the present economic slump. New data out in 2009 showed that donations dropped at their sharpest rates in half a century, and countless relief and development programs were in trouble just when they were needed most. But what is the extent of the damage? And in tough economic times, how can nonprofits hope to continue, even expand, their work?

In 2008, giving to charitable organizations plummeted by the largest percentage in five decades (5.7 percent, adjusted for inflation), said a report released in June 2009 by the Giving USA Foundation. Alarming, the decline most affected those charities providing basic human needs. Those organizations providing services like food and shelter were among the first to report declining contributions and suffered the steepest declines. Giving for these kinds of organizations was down 15.9 percent, adjusted for inflation. By comparison, donations to arts and culture organizations were down by about 10 percent.

This dramatic decrease in funding put enormous financial strain on charities already struggling. Nonprofits scrambling to carry out their missions now fear the long-term ramifications of the recession, according to a survey by the Nonprofit Finance Fund. In the survey of nearly

As giving decreases, need is often increasing.

a thousand nonprofit professionals, more than half said they expected the economic downturn to have a long-term or permanent negative effect on their work. Only 12 percent said they expected to break even in 2009, and just 16 percent believed they would be able to cover operating costs in both 2009 and 2010 without cutting programs, staff or both.

If history is any indication, such fears are warranted. Philanthropic giving historically declines during economic downturns, especially longer ones. Giving USA Foundation also noted that over the past 40 years, giving declined an average of 2.7 percent in recessions lasting eight months or more. And during the longest recession in the last half-century, from 1973 to 1975, giving fell 9.2 percent.

Many nonprofits pinned their hopes on the 2009 holiday season, hoping that recent signs of economic recovery would prompt donors to give generously and help them climb closer to operating at a pre-recession level.

OUT OF BALANCE

Compounding the problem is that as giving decreases, need is often increasing. The Giving USA report found that at the same time that 60 percent of human service organizations were cutting staff and services due to budget shortfalls,

more than half reported that demand for their services—such as food, shelter, and help with rent and hospital bills—was increasing.

As the recession drove the unemployment rate skyward and more people faced foreclosure, homelessness among families was on the rise. While the number of homeless individuals in the U.S. remained basically the same from 2007 to 2008, the number of homeless families increased by 43,000, according to a recent report from the U.S. Department of Housing and Urban Development. Because families are much less likely to become homeless than individuals, HUD attributed this shift to the recent economic downturn, which left many families struggling with joblessness and foreclosures.

And more people were finding it difficult to feed their families. Feeding America, a network of food banks across the U.S., found that in 2008, all food banks surveyed fielded more requests for emergency food assistance. Three-quarters of the food banks reported more newly unemployed people using their services, and virtually all reported an increase in first-time users.

“There’s just greater need out there, from people who don’t have jobs to increased domestic violence,” said Todd Cohen, editor and publisher of *Philanthropy Journal*. Cohen called decreased donations, increasing need and more difficult financial conditions the “triple whammy” for charitable organizations. “It’s just really tough for nonprofits.”

Arli Klassen, director of the Mennonite Central Committee, knows how tough it can be. Her group, which does both relief work and long-term development work around the globe, saw donations dip significantly in the first months of 2009. As a result, after several years of expanding its budget, the nonprofit cut next year’s by 10 percent. Catholic Charities USA, a network of social service organizations, reported in fall 2008 that contributions to its agencies around the U.S. were down 55 percent. Meals on Wheels, the national nonprofit that delivers meals to the homebound, saw flagging donations in many chapters nationwide. This, coupled with cuts in state funding, forced chapter closings in four states and reductions in service across the country.



Tough times can provide an ideal opportunity for nonprofits to strengthen and even expand their projects.

Complicating the picture is that far more people are looking to these organizations for help for the first time. John Turner is the general secretary for the Salvation Army’s eastern Michigan division, which includes the economically depressed city of Detroit. Unemployment in the city has been among the highest in the country. These days, said Turner, one of the Salvation Army’s biggest challenges is helping the newly unemployed, who are often emotionally devastated as well as unfamiliar with the resources that might help them.

The organization retrained staff to deal specifically with this population, people who are, as Turner said, “almost in a state of shock” when they come for help, “have exhausted every resource available to them,” and who need emotional support as well as ex-

tra help navigating the system. Sometimes, Turner said, these people have an unexpected connection to the charity: They are former donors. “People are coming in and saying, ‘Hi, I used to be a donor, and I just don’t even know where to turn to get help,’” he said.

And while Turner praised the philanthropic spirit in Detroit, saying that donations were down only slightly, he noted the importance of public contributions: “We live and die by our donations,” he said. The organization reallocated funds to try to address the increasing needs among the newly poor, a juggling act that is only becoming more difficult. “We’re walking a tightrope right now,” said Turner. “So far, we haven’t fallen.”

CHARTING PRIORITIES

If the current economic climate persists, what kind of nonprofit work will suffer the most? Some predict that in a financial crisis, donors would be more likely to support crisis-relief services like soup kitchens and homeless shelters rather than longer-term work, like helping communities in developing countries improve their homes and roads and send their children to school.

Said Todd Cohen, “The conventional wisdom, and the fear, on the part of many organizations, is that if people are going to give, they are going to give to the groups that are dealing with immediate needs and crises, [such as] human

and social services.” In a poll of 100 fundraising directors at international nongovernmental organizations who were asked to predict which nonprofits would fare the worst in a faltering global economy, international development was high on the list, second only to arts heritage organizations.

But just as soup kitchens’ needs increase during tough times, so do the needs of long-term projects in developing countries. In March, World Bank Group President Robert B. Zoellick discussed the global effects of the downturn and emphasized that long-term foreign involvement can stabilize developing countries during crises. “We need investments in safety nets, infrastructure and small- and medium-sized companies to create jobs and to avoid social and political unrest,” he said.

FINDING OPPORTUNITIES IN THE DOWNTURN

Tough times offer an opportunity for nonprofits to strengthen and even expand their projects, whether short- or long-term. “Be proactive,” recommended fundraising consultants Ted Grossnickle and Derrick Feldmann in an article on “PhilanTopic,” a blog published by *Philanthropy News Digest*. “Use the inevitability of change,” they said, “to drive the change that you probably already suspected was needed.” For many nonprofits, this can mean taking a hard look at what they do—refining and focusing their mission, and determining which projects are, and aren’t, hewing to that mission.

“As a relief, development and peace organization, all parts of our programs are being affected,” said Klassen, the director of the Menonite Central Committee. She said the nonprofit is working to adhere to the goals set in its long-term strategic plans. “Budget challenges,” she said, “are good opportunities for reconsidering how we live out our values and our priorities.”

Now, more than ever, the work of nonprofits as well as of the people who support them is to do the best they can with what they have. As Klassen said, “We pray for wisdom that the decisions we make with the resources entrusted to us will reflect well our values and the values of the partners with whom we work.”

Grossnickle and Feldmann also encourage nonprofits to partner with other organizations with similar goals and to strengthen relationships with donors, letting them know exactly how important their support is during lean times. “Most households continue to give during times of financial insecurity,” according to the Giving USA report, even if that giving declines. This means that often, the key factor in whether or not a nonprofit survives is not the nature of its work but the relationship it has with its donors. For development organizations, just as important as sustaining their projects is sustaining these relationships with donors. They can do this by being effective and consistent with their work and by helping donors understand that while long-term projects may not offer the immediate satisfaction of relief efforts, over time they help build more resilient, self-sufficient communities better equipped to weather future economic storms.

If there is a silver lining to the crisis, it is that the scope and breadth of the economic crisis might elevate the issues of poverty and need in the collective consciousness. The number of volunteers with Teach for America and the Peace Corps is on the rise, as those whose greatest resource is their time find a way to make a difference. The Salvation Army in Plymouth, Mich., near Detroit, saw an increase in volunteers as well, said Laurie Aren, the director of family ministries there. “There is a good side to come out of this,” she said, because the community really came together to make the most of its resources. “We are all learning to do more with less,” she said.

And sometimes, doing more means simply doing what we can.


In western Michigan and northern Indiana (another area hard-hit by the recession), the Salvation Army found that while the amount of each donation decreased significantly over the last year, the number of donations overall is on the rise. People may have less to give, but more are giving. ■

Lauren Wilcox is a freelance journalist based in Jersey City, N.J. Her work has appeared in World Ark, Smithsonian Magazine and The Washington Post Magazine.

If there is a bright side,
it is that the scope and
breadth of the economic
crisis might heighten
public awareness of
poverty and need.



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Month and some ideas for your celebration, turn
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Visit www.heifer.org/studytours or see the calendar on page 51 in this issue for details.



REVIEW

Need-to-Know Basis

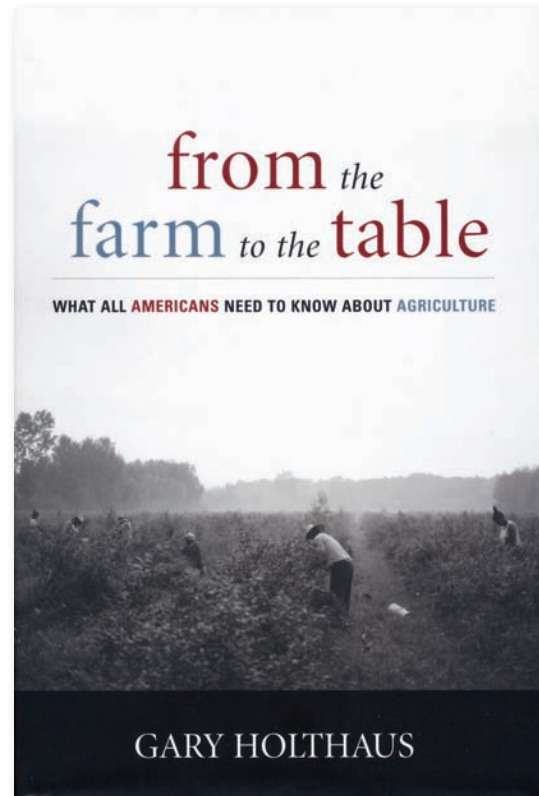
Review by Ragan Sutterfield, *World Ark* contributor

FARMING IS A PRACTICE that we are all involved in but know little about. We eat three times a day, involving ourselves in a system of growing produce, marketing it and transporting it—all mixed in a complex sea of politics, regulations and competing interests. And while we are involved in agriculture through the act of eating, and though books like *The Omnivore's Dilemma* and *Animal, Vegetable, Miracle* have made us aware of the complexities of food, we still don't know much about farming; we still don't really know any farmers.

Farmers, therefore, are blank slates to most of us, people upon whom we can project our politics and ideals. In one vision, farmers are hardworking caretakers of the earth, rising before dawn, feeding a menagerie of animals and then tending a large vegetable patch as a family enterprise—the sort of picture we see in the marketing pictures plastered in the produce aisles of grocery stores. On the other side there is the stereotype of the farmer as super-efficient producer of food. In this view the farmer is a kind of engineer, operating large machinery to produce crop yields never before seen. This is the method of farming touted by the Green Revolution. Both views are, of course, caricatures—incomplete pictures made up to serve different ideals of food production. But they are easy to preserve because most of us don't know any real farmers.

Gary Holthaus' new book *From the Farm to the Table: What All Americans Need to Know about Agriculture* takes us much closer to understanding the lives of farmers by learning from the farmers themselves. Holthaus' role here is not didact, but narrator. As he says in the introduction, "I've tried to cast each section of this book as a story. I hope that farmers will recognize it as their story."

In Holthaus' conversations with more than 40 farm families in the Midwest, he says that he hasn't "yet visited long with any farmer [he] did not come to like a great deal." But even so he came to have a perspective on what good—and bad—farming looks like. This perspective was guided



From the Farm to the Table: What All Americans Need to Know About Agriculture

by Gary Holthaus
University of Kentucky, 2008
Paperback, \$27.95

by a question he tries to ask himself at every place he visits: "How do we, whether farmers or urban folks, sustain ourselves in this place?"

It is through the narratives of individual farmers and their farms that he tells this much bigger story of sustaining ourselves through agriculture—a story so complex it is often hard to wrap our minds around: how crop scientists and universities are altering what food we grow; how fertilizers and pesticides revolutionized production but at the same time caused problems that are only now becoming understood; how cities, towns and suburbs relate to farms; and how changes in government policies altered the landscape and drained rural areas of their populations. It is the story of hunger and plenty. It is ultimately the story, Holthaus says, of a "future we all share."

Holthaus says, "Our human lives are all related, not only to those fundamental elements of nature ... but to all

other humans. We are all caught up in the same natural processes, and we are all equally caught up in those social processes that yearn for harmony at the same time that we thwart it." Harmony and discord. This is essentially the story of modern agriculture—harmony and discord between people and the earth, harmony and discord between private interests and collective interests. This is the story of agriculture that *From the Farm to the Table* tells—a story not of abstract characters but of real faces. This is what we need to know.

Ragan Sutterfield is a farmer and writer living in his native Arkansas. He has written about subjects relating to sustainability, ethics and agriculture for publications ranging from Men's Journal to Gourmet. Sutterfield is currently involved in several projects in Arkansas, including a local food club run out of a church kitchen and a farming project at a charter school.

NEW AND NOTEWORTHY



Cheap: The High Cost of Discount Culture
by Ellen Ruppel Shell
Penguin Press, July 2009
Hardcover, \$25.95

Sure, we all like a deal, but what are the larger consequences of the deluge of cheap goods we've seen in the past few decades? Shell explores how some of those great bargains come with a hidden price—low-quality food, dead town centers, pollution and debt.



Food, Inc.
Directed by Robert Kenner
Magnolia Pictures, 2009
PG, 93 minutes

This look behind the curtain of America's food industry requires a strong stomach but should be required viewing for every eater. The documentary comes complete with interviews from *Fast Food Nation* author Eric Schlosser, *The Omnivore's Dilemma's* Michael Pollan and farming guru Joel Salatin.

FIVE FAVORITES ON:

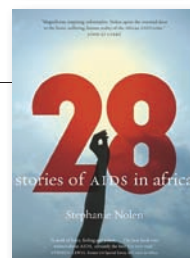
AIDS Now

AIDS is a topic that has lost its potency in the U.S. It doesn't command the media attention or scare us into action like it did a decade or two ago. But around the world, a pandemic still rages. Take a look at where the discourse on AIDS is today.

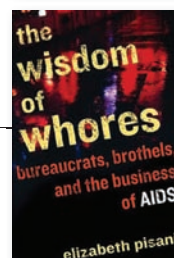
The Invisible People: How the U.S. Has Slept Through the Global AIDS Pandemic, the Greatest Humanitarian Catastrophe of Our Time
by Greg Behrman



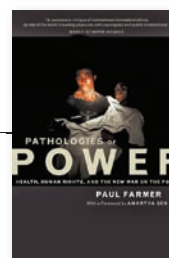
28: Stories of AIDS in Africa
by Stephanie Nolen



The Wisdom of Whores: Bureaucrats, Brothels and the Business of AIDS
by Elizabeth Pisani



Pathologies of Power: Health, Human Rights and the New War on the Poor
by Paul Farmer



The Invisible Cure: Why We Are Losing the Fight Against AIDS in Africa
by Helen Epstein

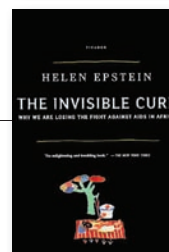




PHOTO BY ELIZABETH BINTLIFF

Felix Banini, center, and his family received a dairy cow from Heifer International.

Building a Dairy Industry in Ghana

By Elizabeth Mayang Bintliff, Heifer program officer for West Africa

THE DAIRY INDUSTRY in Ghana is still in its infancy and is fraught with challenges. The startup costs are high, and most Ghanaians depend on powdered milk imported from Europe. Just cultivating a culture of drinking fresh milk has been a challenge.

Felix and Mary Banini and their nine children, who live on the outskirts of Accra, Ghana, received a dairy cow from Heifer International in July 2007. They named the cow “Rescue.” But in order to build a successful dairy business, the Baninis first had to overcome their neighbors’ predisposition toward powdered milk.

“We would give fresh milk for free to neighbors so they would start to prefer the taste of it,” Felix Banini said. “Once they liked it, we started to charge for it.”

Rescue produces about 3.5 gallons of milk a day, and each week the family gets more than \$150 from her milk. The

money that the milk generates every month goes a long way to care for the family’s needs.

“With seven children in school, there is lots of weekly allowance needed,” Mary Banini explained, which is why it is important to the couple that the children learn to contribute to the family business. Each child—the youngest is 9, the oldest 30—has chores every day: some cut grass to bring to the animals, others milk the cows, one cleans the animal pen and yet another washes milking jars. When all the work is done, the family sits down for a glass of milk.

“They love milk,” Felix Banini said. “If we don’t stop them, they’ll drink it all. We were told it will make them smarter in school, so the youngest wants to drink milk all the time.”

On Sunday afternoons, neighbors congregate in the Baninis’ yard to buy and drink milk. Although they are making good income from the sale of milk, the Baninis know they



Felix Banini with his cow.

"Our children love milk," Felix Banini said. "If we don't stop them, they'll drink it all. We were told it will make them smarter in school, so the youngest wants to drink milk all the time."

could do better if they started processing their own milk into yogurt and cheese, which sell for more.

But it's not only about selling milk. Several months ago, the Baninis' oldest daughter joined her father in attending a Heifer-sponsored training for community livestock workers. In places where there is no veterinary service, Heifer works with government authorities to train community livestock workers who can treat simple livestock diseases and charge for their services. Now, this can be an additional source of income for the family.

Working Together

A Teaching Farm Unites a Lithuanian Village



PHOTO COURTESY HEIFER BALIC

A Heifer Lithuania project strengthened connections between the children of the Beizionys Children's Home and village families.

Compiled by Jaman Matthews, *World Ark* senior editor

IN BEIZIONYS, LITHUANIA, a small village 20 miles west of the capital Vilnius, children from abusive homes have a safe haven. Beizionys Children's Home is a refuge for 24 children ages 4 to 17. Heifer International helped to build a teaching farm at the children's home that not only increased its income but also brought the children of the village together.

Vilmantas Palciauskas, a former mathematics teacher, founded the children's home and has been director for more than 10 years. Palciauskas said that he wanted to help girls and boys from difficult homes, to save their childhoods and prepare them for a self-sufficient life.

Palciauskas challenged the villagers of Beizionys to

educate not only their own children, but also those from the children's home. The community and the children's home received 10 cows, 40 Black-face sheep and one Samogitia mare from Heifer International. Twenty of the animals were used to create the teaching farm, where youngsters from both the children's home and the village work together to take care of them.

"Success didn't come suddenly," Palciauskas said. "I organized like-minded people around me who felt love for children and wanted to help bring them out of poverty."

Reporting by Inga Kuzmiciova, Heifer International Baltic Foundation communication and public relations coordinator.



At the Beizionys Children's Home, residents of all ages work together in the fields of the educational farm.

PHOTO COURTESY HEIFER BALTIC

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PHOTO BY HEIDI HARTWIG

Animals take Manhattan to raise awareness of Heifer's first-ever Pass on the Gift month last April.

Plan Ahead to Pass on the Gift this April

By Austin Bailey, *World Ark* senior editor

Heifer supporters shared meals, clinked glasses and dropped in on house parties last April during Heifer's first-ever Pass on the Gift Month, and donations collected during those events helped people around the world. Other happenings during the campaign aimed at raising money and awareness of Heifer's work included barn dances, church fundraisers, the cameo of a barnyard animal on "The Colbert Report" and a wacky stunt that unleashed a stampede of people dressed as cows and chickens on Manhattan's Times Square. The events ran the gamut, but the purpose behind them all was the same.

"We wanted to spread the word about the challenges of hunger and poverty and invite people to become part of the solution," Heifer International President and CEO Jo Luck said. "And we really wanted to showcase the Heifer practice of passing on the gift, because it allows donors' generosity to touch so many more people."

Each recipient of an animal from Heifer International must agree to pass on the gift of offspring or the equivalent, creating a chain of giving. Last April, more than 270 pass-on ceremonies took place around the world.

Bloggers across the country threw their support be-

hind Pass on the Gift Month. In an event called Bloggers Unite for Hunger & Hope, hundreds of bloggers dedicated their posts last April 29 to boosting social awareness about hunger. Jennifer Miner, who blogs on the website travelingmamas.com, dedicated a post to explain the Pass on the Gift campaign. She also pledged to donate to Heifer based on the number of comments posted to her site. And she encouraged readers to host their own Pass on the Gift events. "Fundraising is fun when we do it with our friends, after all," she wrote.

Others were more hands-on. A congregation in North Carolina used the church's small kitchen to put together a meal that raised \$2,411.

In Sun City, Ill., the Sun City Heifer Club put on a concert featuring local favorites The Blooze Brothers. The concert brought in more than \$5,000.

Organizer Ed Slomski is modest about his club's fundraising success. "It is not a great number, but I do know people donate various animals throughout the year because we've brought Heifer to their attention," he said.

This year's Pass on the Gift campaign is again set for April. To learn how you can participate, visit www.heifer.org/april.



PHOTOS BY JULIE WILSON



PHOTO BY BUNN FAMILY

Sam Bunn holds up a Rwandan soccer ball.

educating, since many of the people he approached for help weren't familiar with what happened in Rwanda in 1994. "I had to do a lot of explaining because a lot of people didn't even know what

genocide was," he said.

But once Sam explained, he got plenty of support. "A lot of people of all ages helped, even the university (of Wyoming) gave me some soccer balls. People from my soccer team and my school helped." Sam collected 86 balls, which all had to be deflated for shipping. He packed them up along with patch kits and air pumps and got them to Wilson two days before her trip.

"I managed to squish about 50 balls into my largest suitcase," Wilson said. "The suitcase tipped the scale just over the 50-pound limit, but the airline agent chose to ignore the infraction when she heard what was inside. The balls were distributed to delighted children in several villages where we visited, and at the Nyamata genocide memorial site, which was situated next to a large school whose lunch break happily coincided with our visit to the memorial."

When she returned to the States, Wilson brought back a Rwandan soccer ball for Sam. "It was made out of leaves and string. It was just crazy what they played with," Sam said.

To read about Julie Wilson's visit to Rwanda with fellow Heifer board members, go to www.heifer.org/worldark.



Preparing soccer balls for delivery.

Soccer Match

Boy sends balls, goodwill to Rwanda

By Austin Bailey, *World Ark* senior editor

Building connections between children in the United States and post-genocide Rwanda isn't as hard as it might seem. Twelve-year-old Sam Bunn figured out how to do it when he enlisted a Heifer International board member to tote a suitcase full of soccer balls as gifts for Rwandan children.

This cultural exchange came about because Heifer board member Julie Wilson happens to be the aunt of Cormac Martinez, Sam's teammate on his soccer team in Laramie, Wyo. When Sam heard about Wilson's trip to Rwanda last May, he decided to enlist Wilson to help him complete the service component of a six-week school project on genocide. Sam would collect the soccer balls; Wilson would haul as many of them as she could fit in her suitcase.

Sam immediately found out he would have to do some

Kidding! Three Days on a Massachusetts Goat Farm

By Liisa Ecola, *World Ark* contributor



I was awakened that first night by a hysterical scream: “Doublewide is having her babies!” Instead of pulling the covers up, I happily got up from the bunk bed, pulled on mud boots and trekked out with a dozen other women to a barn to watch a goat give birth.

My minor goat obsession started with a joke. Not long after we moved into our new house, I was frantically looking for my notebook when my exasperated fiancé teased that it was easy to “get my goat.” Since then, we’ve had several years of goat jokes, gifts and photos, even a visit to a friend who moved to rural Virginia to marry a hobby farmer with goats, but no real day-to-day goat contact. When I heard about Heifer’s Overlook Farm in Rutland, Mass., and the chance to spend three days there during goat kidding season, I thought it would be a great chance to see if I really liked goats, up close and personal.

As a city girl, I approached the three-day experiment with a bit of trepidation. It was a relief to pull up to the farmhouse and find that we had indoor plumbing. The accommodations were best described as summer camp for adults, with four bunk beds per room and four showers for 17 women.

My fellow attendees of this women-only event were a nice mix. We had two mother-daughter pairs, a retired pastor with her daughter-in-law and another church member, several groups of friends, and three solo women. In such close quarters, we quickly bonded over the baby goats. The resident livestock manager called the newborns a “pile of cuteness,” and none of us could resist picking them up to ooh and aah. Baby goats sleep in a big cuddle and caper like puppies (the word “caper,” in fact, comes from the Latin word for goat, “capra”).

I signed up thinking it would be a volunteer experience, but goats don’t need much help in kidding unless something goes wrong. So our main responsibility was to check on the pregnant goats overnight, to ensure that any births in progress could be attended in case of problems.

Our first night, the women on the 4 a.m. watch ran in excitedly to let us know that the most heavily pregnant goat, dubbed “Doublewide” by the staff because she was nearly as wide as she was long, was giving birth. Goats generally have twins, and often triplets. The first kid is usually the longest to birth, and he was already out of the womb when we arrived. As we watched, the second came out, much more swiftly. The whole process, from front hooves to fully birthed, took only a minute or less. The kid emerged in a sac of goo, which eager volunteers wiped away so that the kid could start breathing on its own.

Much of the group swooned over the kids. I was drawn to the adult goats. I loved to pet the gentle, friendly does. My favorite was a lovely Boer goat, mostly white with a brown face and the floppy ears I find adorable. She would walk straight up to me while I squatted on the ground and happily nibble on the drawstring of my sweatshirt or unzip my pocket. Anything loose and hanging (shoelaces, scarves, long hair) is like catnip to a goat.

My assigned farm chore was overseeing mealtime, and I quickly learned not to stand in the way of a hungry goat. The goats receive a twice-daily ration of grain and hay, in that order. Apparently this is the caprine equivalent of “life is short, eat dessert first.” Goats munch the hay, but they attack the grain. When the goats saw me coming with a bucket of grain, they began moving toward me in a determined herd. By the time I opened the gate, they were swarming me, and in the six feet it took me to get to the feed trough, I was nearly knocked over. The goats crowded the trough so tightly that I ended up pouring a goodly portion of the grain on their heads.

Our activities included a solid dose of back-to-the-land pastimes that our grandparents would have found old hat: canning, pickling, cheese- and yogurt-making, carding and spinning wool. I found myself thinking some of this would make sense if I lived on a farm but not for my own life. Even though I had previously made cheese once

HEIFER SPIRIT

Giving Resources, Giving Self

at home, without ready access to a milking goat I saved maybe one dollar by spending an hour making it from scratch. And while the composting toilet was a revelation, I don't think I'll be installing one anytime soon.

The biggest revelation was the quality of the food. As a believer in sustainable agriculture, Overlook Farm's full-time chef mostly uses ingredients grown or raised on the farm. Lentil soup, pickled beet salad with goat cheese, lamb curry, zucchini fritters, scones and buttermilk biscuits were among the tasty dishes served cafeteria style.

While vegetarian options were provided nightly, the farm does use some of the animals it raises for meat. While I'm not a vegetarian, I appreciated having the tofu steaks and lentil loaf available, in part because I was observing Lent (which calls for meatless Fridays) and in part because it was hard to pet a sheep in the afternoon and eat him for dinner.

It was hard to leave the farm, which I found nourishing physically as well as emotionally. While I don't know if I'll see any of the women again, I know I'll be ruminating about our shared experience ("ruminate" being another word associated with goats; they chew their cud after its time in the rumen, one of their four stomachs, making them look like munching philosophers).

I returned home thinking that I'll probably never can my own vegetables or spin my own yarn, but that I can renew my commitment to buying locally and purchasing organic food. I can feel more gratitude for the blessings I have and share more of them with others. And I'll be getting back in touch with my friend who has goats. I have lots more shoelaces for nibbling.

This story originally appeared on the travel website www.gonomad.com. Register for your own experience at www.heifer.org/lambsandmore.

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Honduras

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A



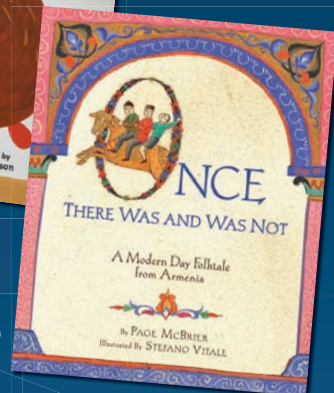
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F. HEIFER MAGNETIC DRESS-UP DOLLS

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Wear this classic Heifer logo lapel pin to show your support in an understated way. Antique bronze.

NA0023 \$5

H. GLOBAL BARNYARD PLUSH ANIMALS

These stuffed animals aren't just cuddly; their custom hangtags explain the benefits they bring to impoverished families.

NPWR0WB Water Buffalo \$15
NPWR0C Cow \$15
NPWR0S Sheep \$15
NPWR0G Goat \$15
NPWR0P Pig \$15

I. PASS ON THE GIFT TEE

Wear the Heifer message in 12 different languages. Passing on the Gift is one way that Heifer's work is sustainable. This 100% cotton, black tee is available in S-XL.

NS8100 Unisex \$12

J. PASS ON THE GIFT SCARF

This 100% pima cotton scarf features Heifer's strategy of Pass on the Gift in 12 languages. 90 inches long, teal.

NA1006000 \$18

K. COW TAGS

Identify yourself as someone dedicated to helping end hunger with Heifer's cow tags. Each tag bears a different message along with Heifer's website. Available in black, pink, red and blue.

NA0025 Red \$8 Pass on the Gift
NA0026 Pink \$8 Udderly Fantastic
NA0027 Blue \$8 Who's Your Llama
NA0028 Black \$8 Chicks Dig It

L. PASS ON THE GIFT MUG

Raise a glass to Heifer with this 12-ounce mug featuring Heifer's Pass on the Gift message. Made from 100% recycled soda bottles.

NM05070 \$5

M. HEIFER HOPE BLEND COFFEE

Sip this Fair Trade Certified™ organic coffee created by Green Mountain Coffee. 10 oz.

NGHH04 Whole Bean \$8.49
NGHH14 Ground \$8.49

N. BARREL MUG

A great 16-ounce, blue-matte finish barrel mug perfect for sipping your favorite beverage. Holds an entire can of soup. Blue mug shows the "jumping cow" and Heifer website.

NM0408000 Blue \$8
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O. HEIFER CAR DECAL

Show your support and spark conversation with this attractive, weather-resistant vinyl decal. White, 5" x 3.5" with heifer.org.

ND0005 \$1

P. CIRCLE OF HOPE REUSABLE LUNCH BAGS

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NLB000 \$10



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SHOP @heifer

SALE ITEMS



Q



R



S



T

Q. THERMAL COW

Stay warm in this long-sleeved, thermal shirt in white with red Heifer logo. Heifer logo patch on the right hip. Unisex sizes S-XXL.

NS6500 White ~~\$25~~ \$17.99

NS6700 Gray ~~\$25~~ \$17.99

R. HEIFER HOODIE

Show your support in this 50% cotton 50% acrylic, full-zip, banded bottom hoodie. With tan embroidered logo and a logo patch. S-XXL

NS7100 Espresso ~~\$40~~ \$27.99

NS7300 Navy ~~\$40~~ \$27.99

S. KIDS PASS ON THE GIFT TEE

These 100% cotton kid's tees share a great message. Tees are available in child sizes XS-L and in blue, gold and tan.

NS7400 Blue ~~\$12~~ \$8.99

NS7600 Tan ~~\$12~~ \$8.99

NS7500 Gold ~~\$12~~ \$8.99

T. HEIFER BAG SET (50% OFF)

Save the Earth one grocery bag at a time. This set of three reusable grocery bags fits all your groceries in one extra large thermal bag, one large and one medium grocery bag.

With drawstring carrying case.

NM0701 ~~\$30~~ \$15 per set



U

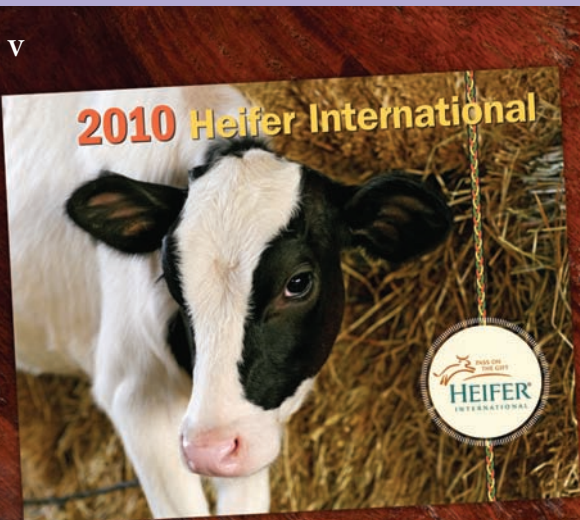
U. GLASS ORNAMENT

Beautiful and unique, these hand-blown 3-inch ornaments feature the Heifer Cow. Available in red, blue and purple.

NC0013GR Red ~~\$7~~ \$2.99

NC0013GB Blue ~~\$7~~ \$2.99

NC0013GP Purple ~~\$7~~ \$2.99



V

V. 2010 HEIFER CALENDAR

This wall calendar includes gorgeous photos of the animals Heifer provides—and fun facts about how they provide vital nutrition and extra income— to struggling people worldwide.

NWC201000 \$8

W. HEIFER PATCH

Use this iron-on patch to show your interest in ending hunger and caring for the Earth.

NA002100 Patch \$3

X. HEIFER BUTTON

Wear your support with this 2½ inch pin-back button that is identical to the patch.

NA002200 Button \$1

W



X



To order, call (800) 422-0474



Y. HEIFER BALLCAPS

Light blue hats feature a raised chenille jumping cow, while the stone, khaki, brown and red have an embroidered Heifer logo. Adjustable back closure.

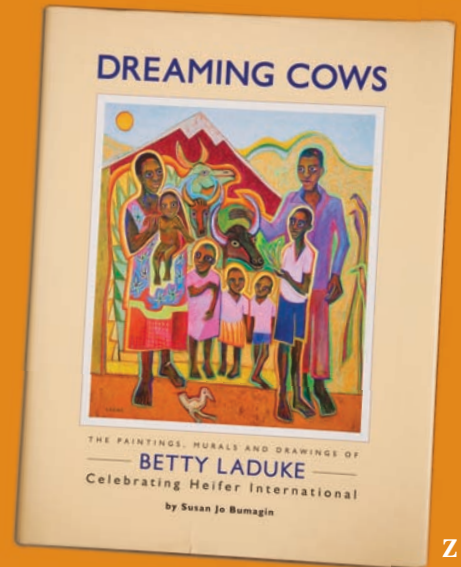
NS4003LB Light Blue \$12

NS4003RD Red \$12

NS4002AK0 Khaki \$12

NS4003BR Brown \$12

NS4001SS0 Stone \$12



Z. DREAMING COWS BOOK

Inspired by her travels with Heifer, artist Betty LaDuke created vibrant mural pieces featuring the people and places she saw.

NB0814HB \$38 hardcover

NB0815SB \$20 paperback

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W.I.L.L. Why I Leave A Legacy

Barb Oakes on **Leaving A Legacy Of Hope Through Heifer Foundation**

I had been an active volunteer, participant and donor with Heifer International for years before becoming involved with Heifer Foundation, a global partner of Heifer International that provides long-term support through planned giving.

My planned giving tool is an endowment that will be funded through my will and beneficiary designations of my investments and insurance. Any time I want to consider a change or add something else, I know that a helpful person who knows me on a first name basis is only a phone call away.

I have one brother who is disabled, my parents are deceased, and I have no spouse or children. My kids are the Heifer project kids I have seen on study tours of Poland, Slovakia, Honduras, the Philippines and here in the states. **The Foundation allows me a way to provide more help, beyond my life, to families I will never know, but think of as “my kids.”**

With Heifer Foundation's help and expertise, I have been able to identify the areas that are most important to me. I don't want to be buried in a cemetery with a headstone, but I want someone to know I existed. Plaques on hospital walls and stones in college sidewalks are nice, but healthy, educated children that can look back and not see the shackles of poverty, disease and hardships are how I want to be remembered. **They may not know my name or face, but they will know that someone cared enough to help them.**

I try my best to live out Gandhi's mantra, “We must be the change we wish to see in the world.” Heifer Foundation will allow me, through my financial legacy, to continue doing that.

To view a video of Barb Oakes telling her personal story, visit www.heiferfoundation.org/will, where you can also submit an online will form. If you would like more information on leaving Heifer in your will, please contact the Foundation at info@heiferfoundation.org or call toll free 888.422.1161.



If you notify us that Heifer Foundation is in your will, we will send you a packet of 10 complimentary greeting cards that promote peace to a world in need.



PHOTO BY JAKE LYELL

Zambia and Malawi Study Tour

May 16-29

Want to do something meaningful with your vacation this year? Take a Study Tour to meet families becoming self-reliant through their work with Heifer. In Zambia, visit families and communities to witness the challenges they have overcome. In Malawi, spend several days getting to know farmers and learning how improved farming methods help them make a living off the land. See for yourself the interconnectedness of rural farming communities and wildlife conservation at the Chimfunshi Wildlife Orphanage in Zambia and the Lilongwe Wildlife Centre in Malawi. Learn more at www.heifer.org/studytours.

Learning Center Group Programs

TOURS

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

Locations: Heifer Ranch, Overlook Farm, Howell Nature Center

HEIFER GLOBAL VILLAGE PROGRAMS

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

CULTURAL CONNECTIONS

Celebrate the culture of those helped by Heifer. While preparing and eating

an authentic meal, enjoy traditional clothing, music, games and housing. (4th through 6th grades)

Locations: Howell Nature Center, Shepherd's Spring

GLOBAL EXPLORERS

Explore the globe ecologically, culturally and geographically while investigating how everyday choices affect people and places thousands of miles away. (5th through 6th grades)

Location: Heifer Ranch

GLOBAL GATEWAY

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



PHOTO FROM HEIFER ARCHIVE

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 an accompanying adult chaperone per five youth.

♦ GLOBAL GATEWAY

Program dates: May 8-9

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

♦ GLOBAL CHALLENGE

Program dates: June 18-21

Global Challenge combines the Global Gateway experience with team-building activities.

♦ SUMMER ACTION

Program dates: July 11-16 and August 8-13

Spend a week of your summer vacation learning how you can help Heifer end hunger and poverty while experiencing life on a working farm. The



PHOTO FROM HEIFER ARCHIVE

week includes Global Gateway, team-building exercises, service projects and more.

WOMEN'S LAMBING

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

Location: Heifer Ranch
Program dates: March: 18-21, 21-26, 26-28

WOMEN'S LIVESTOCK BIRTHING PROGRAM

Women have an opportunity to immerse themselves in the daily rhythms of a working farm while they learn basic animal husbandry skills and about Heifer International's work around the world. The program focuses on the birthing process of goats, sheep, swine, cattle and rabbits, and the hatching of chicks.

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

WOMEN'S LIVESTOCK BIRTHING ALUMNI REUNION

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

Location: Overlook Farm
Program dates: April 8-11

Public Events

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

Heifer University Programs

Courses on Heifer's work

HEIFER UNIVERSITY FOR COLLEGE AND UNIVERSITY STUDENTS

Location: Heifer Ranch
Program dates: February 26-28
Scholarships available. Apply online at www.heifer.org/heiferu

HEIFER UNIVERSITY 201: ANIMAL WELL-BEING

Location: Hidden Villa
Program dates: April 15-18

HEIFER UNIVERSITY BASIC COURSE

Location: Heifer Ranch
Program dates: April 22-25

For information, e-mail heiferu@heifer.org or call Wanda Butler at (501) 907-4953

Program Cost: \$225
(includes all meals, lodging, program fees.)

Learning Centers Contact Information

HEIFER RANCH

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

OVERLOOK FARM

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

HIDDEN VILLA

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

Study Tours

AFRICA

Ghana/Senegal: March 8-20
Zambia/Malawi: May 16-29
Tanzania: Late summer

AMERICAS

Peru: September
Guatemala: November
Honduras: November 20-27

ASIA/SOUTH PACIFIC

Philippines: February 14-26
Nepal: November
Vietnam/Cambodia: December

CENTRAL/EASTERN EUROPE

Romania/Moldova: September

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

Heifer Global Village Sponsors

HOWELL NATURE CENTER

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

SHEPHERD'S SPRING

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

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

FIRST PERSON

Diversifying Income



**"With coffee, one year the harvest is good,
the next bad. Last year was not good."**

—SANTIAGO LOPEZ

Santiago Lopez is a coffee farmer in Rio Negro, Mexico, in the southern Sierra Madre de Chiapas Mountains. Like many here, Lopez and his family rely entirely on coffee for their income. A new partnership between Heifer International, Green Mountain Coffee Roasters and a local coffee co-op is helping families diversify their sources of income to make it through the thin months.

The Lopezes—Santiago; his wife, Marianeri; their two sons, Miguel, 13, and Oliver, 9; and friend Alex Perez, center—received five rabbits from Heifer.

Photo by Russell Powell

Coffee: Grounds for a great partnership.



Heifer Hope Blend, a Fair Trade Certified™ organic, shade-grown coffee, is the fruit of a partnership between Green Mountain Coffee and Heifer International. Members of the cooperative that grows beans for Heifer Hope Blend have a market for their high-quality coffee, and are now planting fruit trees and Passing on the Gift of rabbits, sheep and beehives. Enjoy Heifer Hope Blend – a delicious way to support family farmers.

www.GreenMountainCoffee.com/coffee/heiferhopeblend

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



Friends of Heifer are dedicated and compassionate people who agree to give as little as \$10 a month to help support Heifer's work with families in need around the world. This steady, reliable stream of support can supply life-sustaining food and income to families who are struggling to break the cycle of poverty and hunger. As a Friend of Heifer, you will receive special monthly reports on how your commitment to end hunger and poverty is touching the lives of children and families.

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



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