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# worldark

## SEEDS OF CHANGE

### Appalachian *Wisdom*

12

#### SEAGOING COWGIRL

Kathy Moore

16

#### THE DISAPPEARED

Healing after Nepal's Civil War

32

#### THE OTHER WHITE COAT

Chefs and doctors trade tips on eating well

## PLUS

#### MIXED MEDIA

Excerpt from Howard Buffett's *40 Chances*

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THE GIFT  
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# Dear Fellow Activists,

If you have ever shared the company of a family farmer, you're likely to have noticed several characteristics. Hardworking, dedicated and resourceful, the family farmers I've had the opportunity to meet are deeply inspiring. They want what's best for their families, their communities and the land.

I was so pleased when the United Nations declared 2014 the International Year of Family Farming. Finally, a chance for our message—family farmers can help feed the world—to be spread and discussed. The global community is realizing the importance of the agricultural sector on economic development and food sovereignty while acknowledging the dignity of the farmer who works with the soil and grows food for all of us.

Farming is a noble activity. Our role at Heifer International is to support farmers so their work can be as efficient, sustainable and self-supporting as possible. Rural poverty and hunger will end when farmers develop, integrate and believe in their own capacities to succeed. The most exquisite result that comes from our work is to see the level of autonomy these farmers develop. They quickly understand and apply what works. That level of self-reliance and community accountability is why we do our work.

I had the honor earlier this year of visiting Castañer, Puerto Rico, the village where Heifer's first shipment of dairy cattle was delivered 70 years ago. Castañer is one of the most remote villages in Puerto Rico. During World War II, Church of the Brethren members established a hospital to serve the isolated villagers. Although they no longer rely on dairy cows, the village has largely remained agricultural, with family farmers raising crops including citrus and coffee. Even more impressive was how the village, 70 years later, continues to embody



Heifer's 12 Cornerstones. Self-Reliance and Accountability are deeply embedded, resulting in the long-lasting, institutional ability of villagers to manage their own success. This is the legacy that Heifer leaves behind in the communities where we work.

As you read this issue of our *World Ark* magazine, I hope you will keep this nobility in mind. From Ann Rose, a North Carolina pig farmer supported by Heifer's Appalachia Seeds of Change Initiative, to the Nepali farmers carrying on in the aftermath of civil conflict, these individuals and families strive to bring healthy and abundant food to the world. We must continue to support them in their hard work, because it directly affects our well-being, as well as that of the generations to come.

Yours for a better world,

Pierre U. Ferrari, President and CEO

From left, Brenda Ilarraza, Wilfredo Pizarro, Pierre Ferrari and Angel Pizarro stand in front of the reconstructed Brethren Church in Castañer, Puerto Rico. The church served as the headquarters and quarters for the Brethren volunteers as well as Heifer's first unofficial country office.

*Thank you to all who reached out to share your own Seagoing Cowboy stories. The history of these hardworking, dedicated pioneers inspires our work every day.*





# Do something twice as good



Check to see if your company is one of 13,000 that offers an employee matching gift program. Your gift to Heifer International will double in impact. That's twice as many gifts of livestock and twice as many solutions to help hungry families living in poverty lift themselves into lives of self-reliance and prosperity.

Log on to **[www.heifer.org/matching](http://www.heifer.org/matching)** to find your employer. Fill out a matching gift form and mail it back to us.







## COVER

North Carolina pig farmer Ann Rose recently opened her own butcher shop with help from Heifer's Appalachia Seeds of Change Initiative.

Photo by Stephen Bailey

## 12 Cowgirl Kathy BY AUSTIN BAILEY

Kathy Moore traveled with her father to Japan in 1958 to deliver 20 cows to families in need.

## 16 The Disappeared BY DONNA STOKES

Rural families torn apart by Nepal's Civil War find support in a joint International Committee of the Red Cross and Heifer International project.

## 24 Wisdom from on High BY AUSTIN BAILEY

A registered nurse for 18 years, Appalachian pig farmer Ann Rose chucked her hospital job for a different path to healing.

## 32 The Other White Coat BY DONNA STOKES

One day, your family physician could hand out prescriptions for cooking classes or a visit from a personal chef.







Vagharshak Nikolayan, age 74, and his family in Armenia depend on their two cows for milk, cheese, butter and sour cream to eat and sell.

#### FAMILY TIES

Thank you so much for doing a feature article on Armenia titled "Green Pastures Ahead for Armenian Farmers." I really enjoyed reading the difference Heifer International has made in the homeland of my grandparents. It gives me hope for the future and encourages me to make donations, in lieu of flowers, to your organization.

**MARJORIE NANIAN**  
Novi, Mich.

#### COWBOY MEMORIES

Thank you very much for publishing "The First Cowboy." It is a wonderful tribute to a wonderful human being. Here is my Claire Stine story:

I first met Claire and Jane Stine face-to-face in Venice, Italy, of all places! One of Jane's lifelong passions was genealogy. We connected several years ago when we discovered that her grandfather and my great-

grandfather were brothers and we were second cousins once removed. When my husband and I were living in Aviano, Italy, Jane and Claire came to Italy on vacation and invited me to join them on their day in Venice. We had a wonderful time chatting and eating, taking a gondola ride through the canals, and having a cup of coffee together in Piazza San Marco.

We stayed in touch and I met Claire's son, Jon, and daughter-in-law in Krakow, Poland, while they were on a mission trip and I was studying the Polish language and learning more about my own Polish heritage.

After we returned to live in the U.S., Claire and Jane invited us to visit them at their home in Marietta, Ga. They were absolutely wonderful people who were extremely gracious and generous. I miss them, but I know the stars are shining a little bit brighter in the heavens because they are there.

**ANNE M. SCHMIDT**  
Miles City, Mont.

**Editor's Note:** Claire and Jane Stine raised their sons in Indiana, not Georgia. Thank you, Donald Jordan, for straightening us out!

In 1962 I was serving as pastor of Church of the Holy Trinity, UCC, in Hagerstown, Md., and chaired the outreach commission of what was then Potomac synod of the Evangelical and Reformed Church. I introduced them to the idea of

raising money for a Heifer project, along with raising the needed money for mission work within the synod. This idea caught on and we adopted the slogan "Goats for Ghana." We printed promotional material and raised enough money to purchase a small herd of goats. The Rev. Paul Lammers from Illinois and myself were chosen to accompany the goats to Ghana. In the fall of 1963 we took 21 milk goats to Ghana via Pan Am Airways. When we got to Ghana we had 22. We spent a week in Ghana helping to build pens for the goats and talking about how they were to be cared for and shared. It was a most rewarding experience and one that was shared with many groups after returning to the States. The goats were purchased half in Illinois and half in North Carolina. The ones from North Carolina were from Carl Sandburg's herd.

What a great program Heifer International has been over the years, and what a blessing it has been to people around the world, as well as to the cowboys involved.

Thanks for the opportunity. It was a highlight of my life's journey.

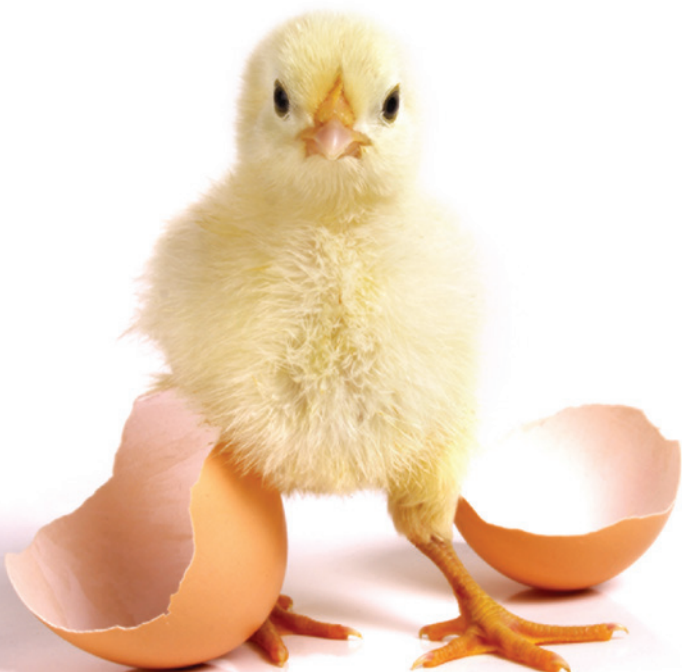
**DONALD P. FLICK**  
Taylorsville, N.C.

## Q&A SUMMER

What's your biggest challenge when it comes to eating a diet that is both healthful and sustainable?

We want to hear from you!  
Please send your comments to  
[worldark@list.heifer.org](mailto:worldark@list.heifer.org).  
Include your name, city and a  
telephone number  
or email 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.





## departments

### 04 LETTERS

Readers respond

### 06 FOR THE RECORD

The hidden plague of everyday violence

### 08 THE GOOD LIFE

Mustard: The spice for life  
Sweet allergy relief

### 10 ASKED & ANSWERED

Garnet Hill trip winner  
on Peru, alpacas

### 40 MIXED MEDIA

40 Chances excerpt  
by Howard Buffett

### 42 HEIFER BULLETIN

Flooding in Bolivia

### 44 HEIFER SPIRIT

AKA president leads  
anti-poverty mission

### 52 FIRST PERSON

Garden vision soars

## JOIN THE CONVERSATION

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Since 1944, Heifer has helped 20.7 million families, directly and indirectly, 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,

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## Hot Topic

**T**hree billion people worldwide rely on open fires and traditional stoves to heat their homes and cook their meals. These primitive systems are not only inefficient; they also cause blindness, asthma and lots of other health problems for the people who have to breathe and squint through the smoke.

The World Health Organization

blames smoke exposure from those stoves and fires for 2 million premature deaths a year.

Heifer International helps families transition away from these dangerous, labor-intensive systems to biogas stoves and other technologies that cut the health risks and environmental degradation that come with the inefficient burning of wood and other biofuels.

Biogas stoves are fueled with the methane that is a byproduct of the decomposition of animal waste. The process of extracting methane also yields a slurry that makes for a rich crop fertilizer.

**INVEST  
IN HEALTH**

**BUY A BIOGAS STOVE**  
Help a Helper farm family or village at  
[www.helper.org/biogas](http://www.helper.org/biogas)



## Fishy

**In 120 samples labeled red snapper and bought for testing at locations around the United States, 28 different species of fish were actually found.** Overall, the study by the nonprofit ocean protection group Oceana found that roughly one-third of fish samples bought and tested from 2010 to 2012 were mislabeled.

## \$40 Billion

**How much it would cost to offer basic education, clean water and sanitation, reproductive health for women and basic health and nutrition to every person in every developing country.**

Source: [globalissues.org](http://globalissues.org)



## Not Quite Write

**Literacy rates around the world are rising, but women still lag behind men.** In fact, of the 774 million illiterate adults in the world, two-thirds are women.

Source: UNESCO

Heifer's mission to achieve the end of extreme poverty is a joint effort. Part of our community of change is International Justice Mission, whose purpose is represented in this graphic. They confront the reality that more than 4 billion of the world's poorest people live in places where their justice systems don't or can't protect them from everyday violence such as rape and forced labor.

# A WORLD IN FEAR

## POVERTY AND THE HIDDEN PLAGUE OF EVERYDAY VIOLENCE

For the poor, violence is as much a part of everyday life as hunger, illness, or unemployment—but it is more difficult to see. Without effective justice systems, to protect them from violence, the world's poor live in a state of constant fear.

## THIS IS THEIR EVERYDAY

Every year,

### 5 MILLION

people are victimized by forced evictions, and millions more are run off by more powerful neighbors.

### CHASED OUT



It's easy for criminals and powerful people to drive poor people out of their own homes.

Nearly

### 30 MILLION

people are held in slavery worldwide.

### CAPTIVE



Men, women, and children are held as slaves or forced into prostitution.

By 2020,

### 1.5 BILLION

of the globe's urban poor will live in informal settlements and slums without secure right to their property.

### HURT



Although females of every social class around the world are vulnerable to violence, it is poor women and girls everywhere who are the most likely to be assaulted.



### 1 IN 5

women around the world is a victim of rape or attempted rape.

## CHANGE THEIR EVERYDAY

This is only a glimpse into the hidden violence that pervades the lives of those in the developing world.

**But there is hope.** Fixing broken justice systems can make the poor safe and safeguard the impact of humanitarian aid. It's time to offer the poor a better chance at life without fear.

GET THE WHOLE STORY ON EVERYDAY VIOLENCE AT [THELOCUSTEFFECT.COM](http://THELOCUSTEFFECT.COM)

Sources listed on [thelocusteffect.com](http://thelocusteffect.com).



# IJM





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## Sweet Relief

While the efficacy of local honey to help alleviate allergies is under debate, some people, including Heifer International's own Geneti Nemera, swear by the remedy.

To give a gift of bees go to [www.heifer.org/honeybees](http://www.heifer.org/honeybees)

Nemera is Heifer's regional director of Southern Africa and a beekeeper extraordinaire. He has kept bees since he was 14 and has never had allergies. His daughter, however, had allergies so severe that the Nemera family considered moving; that is, until they started giving her a teaspoon of local honey

every morning. Says Nemera, "Her allergies are much more manageable now."

But why local honey? Well, bees collect pollen and nectar from the flora and fauna native to your area to make honey, meaning that local honey contains small amounts of the pollen spores that trigger reactions in allergy sufferers. Some believe that by introducing these allergens to your body, you're slowly building up immunity and reducing the severity of your symptoms, though studies conducted on the topic have yet to yield conclusive results.

**Bees produce three times as much honey as the hive needs. So when Heifer farmers harvest, the bees still have plenty to keep them buzzing.**

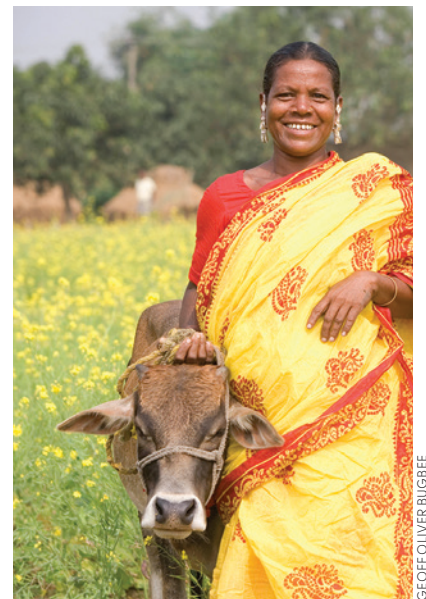
**Intrigued?** Remember to use local honey that you can find at your farmers market. Store-bought honey is generally imported and is a mixture of several different types of honey from around the world.

## Mustard: The Spice for Life

Mustard is good on hot dogs and pretzels, but did you know it's good for you, too? Mustard seeds are among the oldest known home remedies. They're a great source of selenium, magnesium and omega 3 fatty acids.

### People rely on mustard to treat:

- Migraines
- Poor digestion
- Sluggish metabolism
- Insomnia
- Anxiety
- Hair loss
- High cholesterol
- Muscle pain
- Low immunity



GEOFF OLIVER BUGBEE

Heifer project participants in Bangladesh plant mustard for both consumption and sale. They grow and sell mustard to boost their income beyond what they earn for the livestock they raise.



WWW.ALLTOP.COM

## Clean Eats

Put your garden veggies to work with this simple, fresh and healthy recipe.

### Ratatouille

- 3 tablespoons olive oil
- 1 large eggplant (about 1 pound), trimmed and cut into small dice
- 1 medium onion, cut into small dice
- 2 medium zucchini (1 pound total), trimmed and cut into small dice
- 2 cloves garlic, minced
- One 14.5-ounce can no-salt-added diced tomatoes, or 2 large fresh tomatoes, with juice, chopped
- ½ teaspoon dried thyme
- ¼ teaspoon dried rosemary
- ¼ teaspoon dried marjoram
- ¾ teaspoon salt, plus more to taste
- ½ teaspoon freshly ground black pepper
- ¼ cup chopped fresh basil

In a large nonstick skillet, heat 1 tablespoon of the olive oil over medium-high heat. Add the eggplant and cook, stirring, until it has softened but not completely lost its shape, about 5 minutes. Remove the eggplant from the skillet.

Heat another tablespoon of oil in the same skillet over medium-high heat. Add the onion and cook, stirring, until softened and translucent, about 5 minutes. Add the zucchini and garlic to the pan and cook, stirring occasionally, until the zucchini is softened, 6-7 minutes.

Return the eggplant to pan and add the tomatoes, herbs, ½ teaspoon of the salt and ¼ teaspoon of the pepper. Simmer for approximately 10 minutes. Season with additional salt to taste. Stir in the basil and remaining tablespoon oil.

This recipe is compliments of Robert Hall, executive chef at the Winthrop Rockefeller Institute.

## It's Volunteer Season!

Spring and summer growing seasons and outdoor events bring many volunteer opportunities for you to work with Heifer International.

In March, nine volunteers from in and around Little Rock, Ark., all pitched in to help one of Heifer's farmers through the Seeds of Change Initiative in the Arkansas Delta. The goal? Build 12 hydroponic raised-bed gardens to grow lettuce for this season's multi-farm CSA (Community Supported Agriculture) program. CSA customers will get a basket of fruits and vegetables each week grown by local farmers, and participating farmers will benefit from having a predictable customer base.

The farmer was so happy to have help. The work done to build the beds saved him days of labor, allowing him to start growing his different varieties of lettuce much more quickly. It was a great day of fun, mud, camaraderie and learning.

Heifer volunteers are changemakers, inviting others to learn more about the organization, getting them involved and asking them to invest in ending hunger and poverty.

Visit [www.heifer.org/volunteer](http://www.heifer.org/volunteer) to sign up.



PHOTO BY BRYAN CLIFTON





# Alpaca Pageantry in Peru

Interview by Allison Stephens, *World Ark* contributor



Elyse Gordon models a handmade wreath near Cuzco, Peru.

Last year, after some prompting from her mom, Elyse Gordon entered the Pass on the Gift in Peru sweepstakes for a weeklong trip for two to the ancient Incan Empire capital of Cuzco, Peru. The winner would visit and work with Heifer International's alpaca farmers as they cared for their animals, tended their pastures and marketed the fine wool their animals produced.

The sweepstakes was sponsored by Garnet Hill, a socially responsible women's and home goods retailer that champions human rights standards in their supply chain. Upon learning that she won the trip, Gordon invited her mother to come along and the pair started prepping for a life-changing trip. Gordon lives in Seattle and is pursuing a doctorate in human geography.

## **WORLD ARK: What were your expectations for this trip?**

**ELYSE GORDON:** I was well prepped for this trip by the Heifer International team, and so had clear expectations. I was excited to get to meet some of the communities where Heifer Peru projects take place. I expected to get to interact, ask questions, learn about the projects, share meals and learn about what it's like to live in the Andes. I also expected to learn about Heifer International's work, their vision and their structure. Finally, since I was traveling with my mom, I was incredibly excited to share the experience of traveling with her. She is new to international travel, and so I was effectively her guide for this experience.

## **How did the experience of meeting Heifer families shape your impression of Heifer International?**

Meeting Heifer families was integral to shaping my understanding of the work. Rather than a behemoth aid organization,

Heifer's work revolves far more around individual connections: between Heifer staff and recipients, between project promoters and project donors, and between families. I left with a profound respect for how resilient and cohesive the communities seemed. It was not about increasing market value alone. It was about increasing social capital, social connection, knowledge, resilience and pride in families' contributions and crafts.

## **What stands out as the most unique interaction when visiting with the Heifer families?**

At the end of our visit to Pitumarca, I had the opportunity to dance with a lovely woman as the local musicians played a traditional song on flute and drum. I tried to follow her lead and dance the dance as she did. We didn't say a word, but I felt intimately connected to the tradition of that place, those people, and her family: how many times had she danced like this with her husband? Her children? A friend? Those hands I held, how many skeins of wool



had they spun? How many pounds of alpaca wool had she sorted through? How many meals had she prepared? Also, I was incredibly winded, despite it being a fairly slow dance. Recognizing how hard the community and families must work, at elevation, with intense sun and wind conditions, reminded me how different my primarily-desk-job is.

**Was this your first time around alpacas? What did you find most interesting about them?**

This was indeed my first time around alpacas! I had no idea that they hummed to communicate. I also learned about how the alpacas are selected for breeding. I was intrigued to learn about the breeding process, particularly around keeping the colors of wool pure. In Upis, farmers had successfully isolated gray wool, which has taken a number of years. This was so amazing! I was



A group gathers with visitors for a photograph in Pitumarca, Peru.

inspired by their pride for the craft, for the process, and for their immense knowledge.

**Did you witness anything that surprised you? Humbled you? Puzzled you?**

I think the easy answer to this question is that I was humbled by the immense generosity of the communities we visited, despite the fact that they are, by many standards, significantly impoverished communities. However, I

want to push myself to go a bit deeper.

I see the world through the lens of relationships, connection and community. On our first night in Cuzco, we were joined at dinner by Oscar Aragon, one of the Cuzco-based Heifer Peru staff. He is a veterinarian and specializes in alpacas. He was rather quiet that night, and I didn't learn much about him. As the trip continued, we saw Oscar shine in his element as the vet and alpaca expert.

At the end of the trip, my mother and I extended our visit a bit. I had asked Oscar for recommendations for his favorite local restaurants in Cuzco. Rather than just suggest a place, he offered to accompany us. Initially, I was nervous: I spoke no Spanish, and Oscar spoke limited English. We all exerted an immense amount of effort to communicate, but it was wonderful. I was grateful and humble for Oscar's willingness to take time out of his Saturday to dine with two visitors. He is an incredibly kind soul, and his contributions to Heifer's work are invaluable. I was most taken and struck by how simple relationships, just taking the time to sit with someone, is how we make connections and find commonalities. ■

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**Garnet Hill and Heifer Garnet Hill**

"The partnership between Heifer International and Garnet Hill is a natural fit," Garnet Hill President and CEO Russ Gaitskill said. "Our customers support and appreciate the dedication of organizations like Heifer International to ending hunger and poverty around the world. I saw this in action firsthand during my trip to Peru. Meeting with alpaca farmers and their families was deeply moving. I loved spending time with them and learning about their culture."

The partnership between Heifer and Garnet Hill began in 2009. Garnet Hill's Pass on the Gift Sweepstakes was designed to deepen Garnet Hill customers' understanding of the work Heifer International does to help family farmers in rural areas, specifically with alpaca farmers in Peru. Recently, Garnet Hill designated its annual donation of \$25,000 to reinvest in farmers Gaitskill visited last fall, many of whom were hit hard by a blizzard that wiped out thousands of alpacas in the area.



# Cowgirl



The Rev. Donald Baldwin and his daughter, Kathy Baldwin (now Moore), depart from San Francisco on July 22, 1958.



Quarantine inspectors board the ship in Yokohama Harbor and pose with Donald Baldwin and Kathy Baldwin on July 31, 1958.



Cattle sheds on the Hoosier Mariner stand ready for the journey.



# Memories

Kathy Moore was a teenager when she herded 20 cows onto a ship bound for Japan in 1958. Now she usually sticks closer to home, but her dedication to Heifer International is decades strong.

By Austin Bailey, *World Ark* senior editor

**K**ATHY MOORE is not your typical seagoing cowboy, and not just for the obvious reason that she's not a boy at all.

Kathy earned her spot on Heifer International's roster of floating cattle wranglers at age 16, when she spent her summer vacation plus some helping her father deliver 19 Holsteins and a Guernsey to post-war Japan. Her Pacific odyssey included the requisite sightseeing and meetings with recipient farmer families. But her visit was unusual in that it was a father-daughter team effort, and also that Kathy stayed in Japan for more than two months. Her epic summer vacation gave her enough time to explore, make friends and nurture what would become a lifelong dedication to the Far East and its people.

Preparations for the trip started well before their July departure date. Kathy remembers her father, Donald Baldwin, sending off reams of letters to fellow Heifer supporters at farms and churches throughout the Pacific Northwest in hopes of securing funding and donations. Service and giving were always a

priority for Baldwin, a Methodist minister in Tacoma, Wash., who supported the Heifer cause from its earliest years. All four of his children were supporters, too. "When you grow up a minister's child, you're always thinking about service, about what else you can do," Kathy said.

Of the four Baldwin children, Kathy was the clear choice to be her dad's right-hand man for this project. Her brothers were too young, and her older sister was married and had a new baby. Kathy was a member of her 4-H Club livestock judging team and often visited her uncle's dairy farm, so her dad enlisted her that winter and spring for weekend visits with farmers across the Pacific Northwest who might donate a cow or give a discount. And then in July, with 20 cattle collected and passage aboard the *Hoosier Mariner* booked, Kathy set off from San Francisco with her father on her first overseas trip.

Her eyes still widen when she talks about that summer. "It was the chance of a lifetime," she said. Photos show young Kathy on the docks in snappy heels and a suit, perhaps not the best wardrobe choice for what would turn out to be an athletically



Heifer volunteers Clifford Butts and Donald Baldwin inspect a cow donated by R.E. Bartelheimer of Snohomish, Wash.



The Rev. Alpha Takagi of the Tacoma Japanese Methodist Church stands in front of heifers to be shipped to Japan.





Phil West, Kathy Baldwin and Donald Baldwin visit the Chapel at Kate Gako in Engaru on the Japanese island of Hokkaido.



Donald Baldwin talks with Japanese-American farmer Dale Sakuma in Burlington, Wash. Sakuma donated a heifer to be sent to project participants in Japan.

demanding day. The longshoremen and deck hands, inexperienced with livestock, were spooked by the cattle and refused to load them. And Kathy's father was busy with the dicey task of loading the cows onto a flying stall that was then lifted by crane. Although the men bristled at having a female on the deck, they ultimately stood aside as Kathy calmly led the imposing animals from the flying stall to their sheds on board.

She remembers that the 10-day trip was largely uneventful. A small library on board helped her pass the time, and her father held some small chapel services for passengers and the captain. Reporters were at the docks waiting to interview and photograph them when they landed at Yokohama Harbor.

With the animals sent off for a two-week quarantine, Kathy and her father set off to Tokyo for the World Christian Education Convention, where Kathy babysat some of the participants' children between stints of sightseeing. After the conference, father and daughter headed north to meet Phil West, the son of Heifer founder Dan West.

Phil West had arrived with his own shipment of donated animals two weeks earlier. Although the animals she'd traveled with were still in quarantine, Kathy and her father would see Phil West deliver his shipment.

All of the Heifer animals were bound for Hokkaido, Japan's second largest island. Located on the northern end of the country, Hokkaido has a short growing season and long, icy winters. In the post-war years, with Japan's economy in tatters and few paying jobs to be had, the government relocated many people to this sparsely populated island and gave them acreage to farm.

"These people came from the central and southern parts of Japan where they could grow warm-weather crops," Kathy said. "They had to learn to farm in a cold climate." Farmers had to be resourceful in such unfamiliar conditions, and there was lots of trial and error. Kathy remembers seeing sweet potato vines growing atop thatched roofs. Initial attempts at growing corn failed, but the farmers learned to use the stalks for silage. The chilly climate they suddenly found themselves in was suitable for dairy cattle and timber production, if little else. So the farmers marketed their dairy products, which were novel in Japan at the time. Ice cream proved an easy sell, and Kathy remembers

feeling optimistic that Heifer's dairy cattle would be lucrative resources. "We wanted to help bring back the health of these people and their communities," she said. "It makes the soul feel good, you know."

The itinerary was a full one, sending the father-daughter team not only to the farms of Heifer project participants, but also to visit with a number of Christian church congregations, local dignitaries and students. The piece of the trip Kathy remembers as both the best and worst was the visit to Hiroshima, where she saw reminders of the 1945 atomic bomb attack everywhere. During communion at a church service, for example, she looked to the left and right and noticed that almost all of the adults around her were crossed and blotted with scars left from the burns they suffered. That day she and her father visited the museum, where they saw sheets of human skin so badly burned that it had peeled off. It was summertime when Allies dropped the bomb, and most people were wearing *yukatas*, traditional cotton kimonos marked with large flower prints. The patterns from the kimonos were still visible on the burned skin, Kathy said. "The blast was so bright it imprinted images onto their skin like it had been tattooed."

She also remembers walking across a concrete bridge that



A cow brought over by Heifer founder Dan West's son Phil settles into its new home near Yubetsu, Japan.

was among the few structures left standing after the blast. Shadow imprints of people who had been on the bridge when the bomb fell were still visible, like a photo negative.

Kathy returned to the United States one month late for her junior year of high school, but it's clear that the trip taught her more and made a bigger impact than anything she might have missed in class. She still keeps copies of all the correspondence her dad sent off before the trip, along with itineraries, maps, slides, trip reports and photographs. "When you're young, it makes a huge impact to see real need. American children don't often see that," she said.

Before going to Japan, Kathy planned to focus on studying animal science in college, but she decided to major in anthropology and Far Eastern studies instead. "Because of my trip, I decided to focus more on the people."

And when she married an Arkansan and moved from Seattle to Little Rock, she found another place to put her experience and expertise to use. The late 1970s saw an influx of Laotian refugees to Arkansas. These families needed help learning a new language and figuring out their place in a landscape entirely new to them. Kathy volunteered, eventually helping 20 families enroll their children in school, get driver's licenses and find jobs. Kathy and her husband took one family into their own home. The

daughters, age 3 and just four months old when they moved in, are now adults and remain close to Kathy today.

Busy with her work with Lao families, Kathy didn't even realize the same Heifer Project for which she volunteered in her youth was now headquartered in her new hometown. She made the connection during an international-themed street fair where she spotted a Heifer booth and stopped by to share her story about her trip to Japan.

"Oh, that blew them out," Moore remembers. Kathy stepped up for Heifer once again, volunteering full-time for four years before officially joining the staff. One of her first responsibilities at Heifer was to help sort out, archive and preserve the boxes of shipping records, photographs, letters and other memorabilia from Heifer's earliest days. It's a job for which she's uniquely qualified.

She also helps process donations so Heifer International can continue its mission. Mustering enthusiasm for her work is never very hard for Kathy because she knows that what she does is truly helpful to people in need. In the summer of 1958, Kathy said, "my mindset was that I wanted to help people get out of those desperate situations. I'm still going through it. The same thing that helped then, helps now: farming, a sustainable life." ■



Kathy Baldwin makes new friends in Japan before her September 1958 departure.



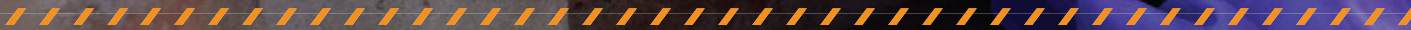
Donald and Kathy Baldwin pose with members of the Union Church in Hiroshima, Japan.





THE

DISAPP





A photograph of a person wearing a purple shirt, standing next to a damaged brick wall. A concrete pillar is visible, and the wall shows signs of destruction with missing bricks and crumbling mortar. The background is a blurred outdoor scene.

Rural families torn  
apart by Nepal's Civil  
War find emotional  
and economic  
support as part  
of an innovative  
partnership of  
the International  
Committee of the  
Red Cross and  
Heifer International.

# FEARED

A horizontal dashed orange line spanning the width of the page.

By Donna Stokes,  
*World Ark* managing editor

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Photos by  
Geoff Oliver Bugbee





Soba Rani Tharu reflects on the night her husband was taken in the middle of the night by army soldiers. Lured with the promise of safe return after questioning, Tharu's husband, Babu Ram Tharu, left with the soldiers but has not returned.

**BARDIYA DISTRICT, NEPAL**—Sobha Rani Tharu said her husband's name so softly it was nearly lost in the hot, dry wind.

"My husband is Babu Ram Tharu," she said in the *pratikchya griha*, or waiting place, her lavender scarf wheeling about her face. The women of the village built the circular memorial at the crossroads leading to Madaha village in honor of family and friends who went missing during the civil war that ended in 2006.

"[June 30, 2002] was the night he was taken," Tharu said. "In the middle of the night, a lot of army men came; there were more in vehicles. They came and took him, and I later heard other men were also taken."

That night, Tharu awoke to lights shining in their bedroom window and got up to see what was going on. Two of the soldiers came into the house and asked her husband his name.

"He told them, and they said 'we have something we need

to talk with you about; come with us, and we will bring you home later,'" Tharu said. "They then grabbed him and pulled him out of the house. I ran after him, but they would not let me near him."

Tharu heard he was taken to an army camp. Another man who returned from the camp said her husband was there and was asking for a change of clothes. She packed a bag and took a bus to the camp. But the soldiers wouldn't allow her to see him or even acknowledge to her that he was there. They put her on a bus back home, still carrying the bag of her husband's clean clothes.

"That was the last I have heard of him—he went missing after that," she said. "He was a farmer and a bricklayer and also president of our community forest user group. He was the only son in his family and the primary breadwinner for all of us.

"I tried to find out what happened to him. I went to the human rights office, but nothing has been found."



**"Because our focus is more on victims of the armed conflict, we don't have the capacity to address communities at large in Nepal," said Jerome Fontana, then deputy head of the ICRC in Kathmandu. "That would go beyond our means and our mandate here."**

"I hope that he will come back some day," she said. "My life would be a lot easier if he came back."

Tharu's story was echoed by other women in a Heifer International self-help group that is part of a unique partnership with the International Committee of the Red Cross (ICRC) in Nepal.

"Because our focus is more on victims of the armed conflict, we don't have the capacity to address communities at large in Nepal," said Jerome Fontana, then deputy head of the ICRC in Kathmandu. "That would go beyond our means and our mandate here."

Yet the families—especially the women left behind—face multiple challenges including ostracism, loneliness and extreme poverty from loss of primary breadwinners. The ICRC began looking for partners to better serve the families of the missing and found Heifer International's values-based model complementary to their work. Through the partnership, the families of the missing receive goats and training in their care so they can begin to replace the lost income and provide for their extended families. Yet the value of the partnership extends far beyond the economic help.

One of the most traumatic consequences to the families of the missing is dealing with the uncertainty, said Yubaraj Adhikari, who leads the ICRC psychosocial support program in Nepal.

"People in this circumstance suffer a lot, because every morning when they open their door they hope to find their loved one there waiting for them," Adhikari said. "And in the evening when they go to bed and close the door, they think maybe he will come back tonight. The daily hope of seeing their family member return can lead to stress and emotional instability for the family."

Older mothers report seeing their sons in nightmares, and others who believe in animist practices believe that the cry of

a nearby bird might be a message or plea for help from their missing family member, Adhikari said.

The ICRC does its best to provide answers by working with authorities to find what happened to those who are missing, he said. "It's very difficult progress to get answers in every case. We provide the comprehensive support to the families to cope with this kind of uncertainty."

Tharu's suffering continued in the months and years after Babu Ram Tharu vanished. They had no living children, and her in-laws made it clear she was a burden to them and that they wanted her to leave their house. The community also shunned her and called her names, treating her with suspicion after her husband was seized for suspected rebel involvement.

"At the beginning before this program started, usually these families felt extremely isolated, extremely lonely,"



One of the most traumatic consequences to the families of the missing is dealing with the uncertainty, said Yubaraj Adhikari, who leads the ICRC psychosocial support program in Nepal.





Sarala Sharma Chaudhary's brother disappeared on Aug. 17, 2006. "The pain inside doesn't go away, but being a part of a group with people who feel a similar pain helps in that you know you are not alone in your sorrow," she said. Chaudhary shares a photograph of her brother.

Fontana said. "They felt as if they have no one with whom they could share the suffering and like they had no means to cope with the situation."

The strength of the joint approach with Heifer is in building community support and solidarity in their suffering, Fontana said. The Heifer self-help group model joins families of the missing with neighbors who do not have relatives who vanished. By integrating other vulnerable families, those in far-flung locations have a support system every day in addition to what they receive when they travel to meet in larger regional groups, said Mahendra Lohani, vice president of Heifer's Asia and Europe programs.

Integrating families from both sides of the conflict as well as families of missing and those vulnerable for other reasons has a much larger project impact that is key to Heifer's community-building role, Lohani said.



Fontana explained further. "These families then realize that they are not alone and that they can really help each other. Families say that after the program started they felt like they were a part of a new group. They felt supported and were also supporting other economically vulnerable women from the same community."

Sarala Sharma Chaudhary is the president of the cooperative in Madaha village. Her brother Sushil Gyawali, the owner of an electronics store, was taken the night of Aug. 17, 2006. His wife was attacked and severely injured during his abduction. The family believes the rebel Maoists took him.

Chaudhary said her sister-in-law was so tormented, she



NEPAL

# NEPAL CIVIL WAR

February 1996–Nov. 21, 2006

Enforced disappearances were among the most serious human rights violations committed during the armed conflict in Nepal. Both parties to the conflict, the security forces and the CPN (Maoists), instigated the disappearances.

## STATS

**15,000** KILLED

**1,300** MISSING

Information provided to the United Nations Human Rights Office indicates the majority of the disappeared were civilian villagers who were not Maoist members at the time of arrest. Most of the victims were farmers and others were laborers, students, teachers and carpenters.

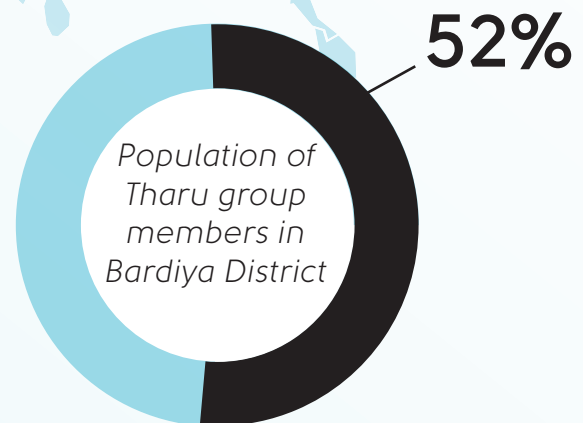
Disappearances have had a deeply adverse socioeconomic effect on families of the disappeared, many of whom were living at subsistence level before the disappearance. They have been left with diminished food security and lack of access to healthcare and education, deficits that make them vulnerable to child labor and social discrimination.

Sources: Nepal Conflict Report 2012 and Conflict-Related Disappearances in Bardiya District 2008; United Nations Human Rights Office of the High Commissioner; ICRC

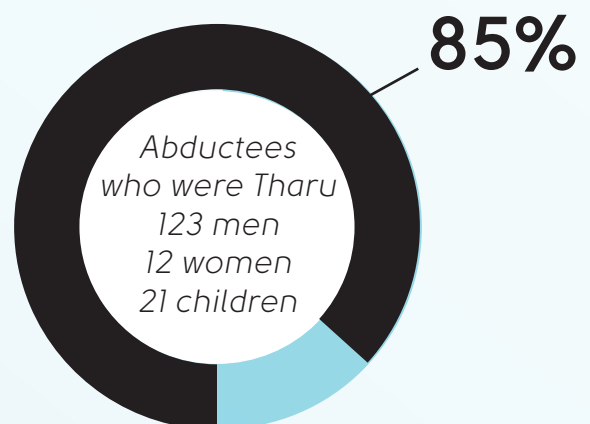
126 languages spoken as the mother tongue in Nepal

OFFICIAL LANGUAGE  
NEPALI

Source: [nepal.saarctourism.org/language-of-nepal](http://nepal.saarctourism.org/language-of-nepal)



The Tharus constitute one of the several indigenous groups that are historically marginalized and discriminated against in Nepal. Many of the disappeared who were not Tharu were also from economically disadvantaged sectors of the population.



The issues of land distribution and lack of access to economic resources for marginalized groups, as well as discrimination, lack of political representation and lack of access to state services and protection are at the root of the conflict in Bardiya District and therefore underlie the disappearances documented.





From left, Ram Pyari Tharu, Budhramia Tharu and Sarala Sharma Chaudhary work together at the well. They are members of the Juneli Women's Group, a 21-member Heifer cooperative. Even women who had family abducted by opposing parties of the conflict now help support each other and share stories at the water pump.





Taluk Dwar Chaudhary is the husband of Sarala Sharma Chaudhary. "I support her work," he said. "In her absence I do everything, all of the work. All has improved for us since the project started."

moved away and has not been back to the village. Her mother has not been the same either, Chaudhary said. "She (her mother) switches to being almost normal but then grows quiet and cries all the time. The doctors say she now has an incurable mental disease.

"I feel this project gives me a place to express myself where people can understand what I'm feeling. I can't open up in front of my family; it would just be intensifying their pain.

"The women in the group are close. Not only because of the pain they share, but because they now work together and can talk to each other about any challenge," Chaudhary said. "The pain inside doesn't go away, but being a part of a group with people who feel a similar pain helps, as you know you are not alone in your sorrow."

Nine months after the project started and training was complete, each member received two goats. Many families have benefited from selling goats; they also all passed on the gift of two goats to another group in the village.

Both Tharu and Chaudhary noted that even women who had family abducted by opposing parties of the conflict now help and support each other and share stories at the water pump.

"Working alone is hard; working with others is easy and fun," Chaudhary said. She has five goats, four of them ready to sell. She has also passed on two goats to another group.

"Heifer is especially good in addressing the economic situation of vulnerable people in Nepal," Fontana said. "Heifer's work addressing such economic vulnerability fits well with our goals to address the vulnerability of those affected by the armed conflict."

Tharu has two goats and is still unsettled after leaving her husband's house, first living with her sister and now moving in with an aunt. She doesn't know what is going to happen next. Even so, she is grateful that she was able to pass on the gift of goats to another woman in need.

"I'm very happy because I got to help someone else, even though I also have been facing a difficult situation," Tharu said. She still meets with the woman who received her goats and gives her advice on how to care for them.

To other women with missing family members she offers words of wisdom and support.

"I am also like you. People like us can get a lot done; let's share and try to find solutions together." ■



# WISDOM





# From ON HIGH

By Austin Bailey, *World Ark* senior editor

Photos by Stephen Bailey



Heifer International is partnering with U.S. farmers like Ann Rose, a former nurse who swapped her hospital job for a different path to healing. Today, Rose grows healthy food and teaches others how to farm sustainably.

**L**ANSING, N.C.—Ann Rose is a wise woman on a mountaintop, but she will defy all of your expectations. The flowing robes of a guru aren't practical for slopping hogs and milking cows, so Rose sticks with jeans and T-shirts. And although she lives alone in her mile-high, hand-built cabin, she stays connected via her cell phone, which she sometimes uses to watch clips of Louis C.K. standup. Should you make the trek to see her, you will never, ever find Rose sitting placid and cross-legged in the sun. She's far too busy for that.

A mother of three and grandmother of four, Rose didn't go off the grid until her youngest daughter left home. Until then, she lived in a house close to the road in tiny Lansing, N.C., a Blue Ridge mountain town about 120 miles from Charlotte. She raised her daughters on her own with the money she earned in her career as a nurse.

But even as she lived in an ordinary house and held down an ordinary job, Rose put a premium on self-sufficiency. She moved to Lansing from the flatlands of Wilkes County, N.C., when her children were young so they would have forests to play in and mountains to climb. She taught her girls all the basics—laundry, cooking, cleaning—but also how to skin rabbits and harvest backyard chickens for the soup pot.





## “ YOUR HEALTH CAN’T BE BOUGHT WITH A PRESCRIPTION. ”

—FARMER ANN ROSE

“One of my reasons for coming up here was so my kids would know what I know,” Rose said.

And she knows a lot. A tomboy from birth, Rose learned how to fix and build things from her father, a diesel mechanic, and how to grow, preserve and cook things from her grandmother. She learned how to garden and how to raise and process hogs. With this timeless skillset, Rose knew she could always take care of herself. She raised her daughters to have the same confidence.

Just as her youngest daughter left home, Rose’s work at the hospital was starting to chafe. So many patients she treated suffered from heart disease, diabetes and other conditions brought about by lack of exercise and poor diet. And frequently, by the time the patients were in the hospital, it was too late. Seeing this happen over and over brought on an inconvenient epiphany.

“Your health can’t be bought with a prescription,” Rose said.

At the same time, she saw a solution. In her work at the hospital she often saw people in their 80s and 90s coming in to the emergency room for the first time, passing their hours stuck in a hospital bed fretting about how they needed to be home hoeing their gardens or tending their animals. Rose was convinced their active lifestyles and homegrown diets had kept them healthy for many decades.

And so she made her plan: “Instead of fixing people after they’re all broken up, let’s start with feeding them well.”

### MOVING ON UP

By the time Rose had her epiphany and quit her nursing job, she had bought up the steep





mountainside behind her house. And thanks to her daughter's high school shop class, there was already a wooden shed built at the very top. Rose left the house where she raised her daughters and made the move up the 3,300-foot mud path and into the 300-square-foot shed.

No electric lines run up to the mountaintop, so when Rose wants a bath, she has to heat water over a fire. She just recently got a solar-powered refrigerator after living out of a cooler for nine years. But she doesn't flinch at the hardships of living off the grid.

"I'm not Amish, but I think they got it going on," she said.

Before she went to nursing school, Rose

spent a decade working construction, so she had the skills she needed to fortify and expand her mountaintop home. Hauling lumber up the mountain by hand, or in the back of her '88 Dodge pickup she calls Betty, she transformed the shed into a 650-square-foot house with a wood-burning stove in the kitchen, a loft for her bed and tall windows to catch the sun. A rooftop collections system supplies plenty of water, and Rose built an outhouse a few yards downhill.

As if her living off the grid in a mountaintop home she built by hand wasn't impressive enough, Rose also grows all of her own food. Every once in a while she'll buy coffee and organic cornmeal, but otherwise Rose eats fresh eggs from her chickens,

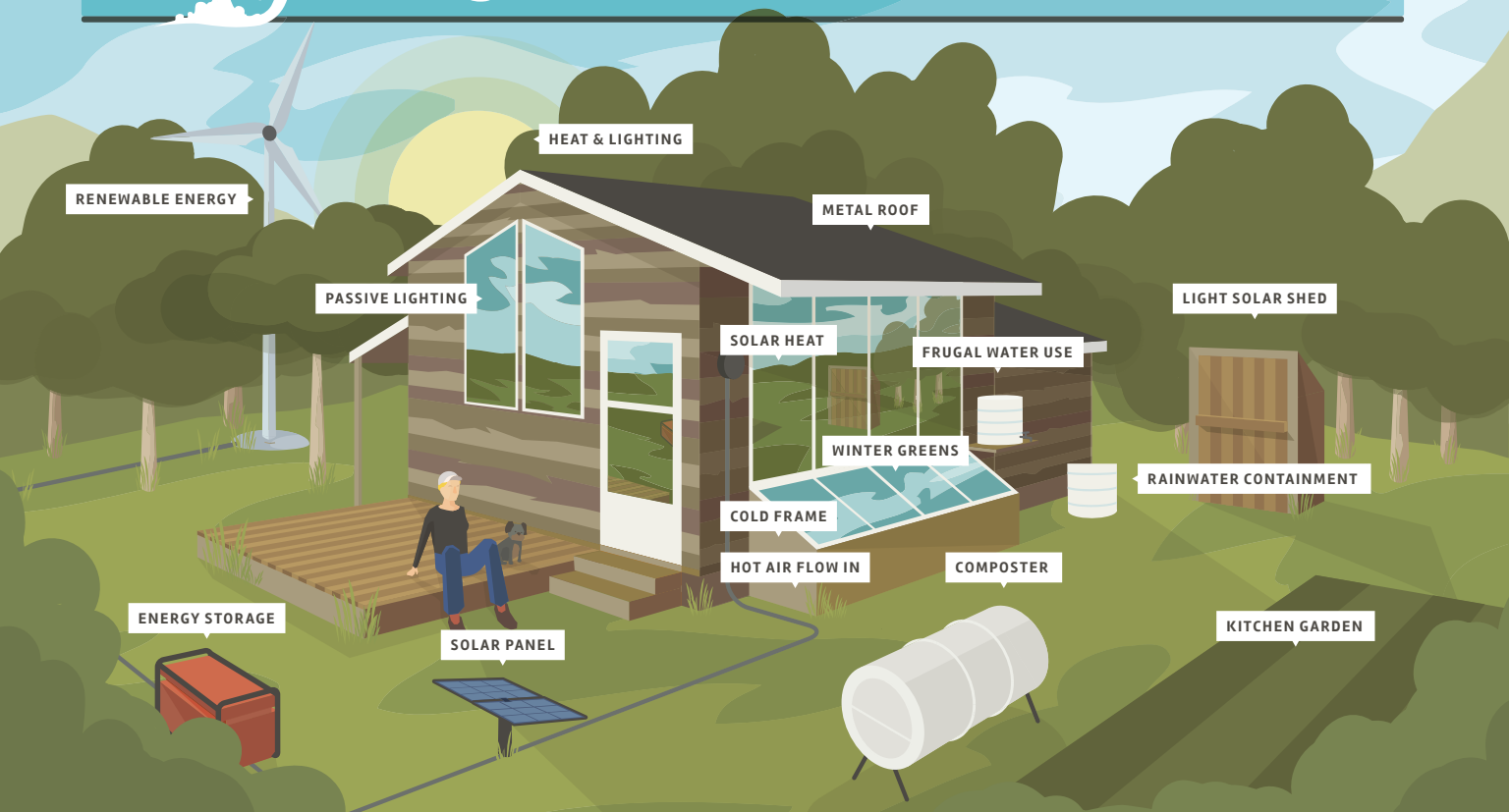
Opposite: Farmer Ann Rose tends baby greens in her hoop house.

Top: Rose and Heifer Appalachia Director Jeffrey Scott walk down Rose's driveway. The orange shading on the map shows where Heifer works. Rose's trusty Dodge truck and dairy cows hunker in their usual spots.



# Atop a mountain, Off the grid

Appalachian farmer Ann Rose transformed a shed into a 650-square-foot cozy cabin with a wood-burning stove in the kitchen, a loft for her bed and tall windows to catch the sun. Rain collection brings plenty of water; an outhouse stands a few years downhill.



fresh milk from her cow, pork from her pasture-raised hogs, organic produce from her garden and apples from the trees that thrive untended on her farm. When the weather turns cold, Rose plants kale and other hardy crops under the protective plastic canopy of a hoop house.

Each day Rose wakes up before sunrise to tend the garden, milk the cow and feed the hogs. She keeps about a dozen breeding sows at a time on steep pastureland where they can forage and nest. Rose sells some of the piglets and raises the rest for meat, which she butchers and cures herself using her grandmother's know-how.

"She had 12 kids. She smoked and cured meat because she didn't have a refrigerator," Rose said.

Rose's farm produces enough food that she has meat and produce to sell. And that's where Heifer comes in.



## RESISTANT TO THE NOTION THAT HEALTHY FOOD IS A LUXURY AFFORDABLE ONLY FOR THE RICH, ROSE PLANS TO ACCEPT FOOD STAMPS IN HER SHOP.

### BRANCHING OUT

In 2011, Heifer International helped kick off Blue Ridge Seeds of Change to help build a local food system that promotes the farming heritage of the area, creates jobs and supplies healthy food to the people living in Alleghany, Ashe, Watauga and Wilkes counties in North Carolina and in Johnson County, Tennessee. Heifer's partners include a local health department, North Carolina Cooperative Extension, the High Country Workforce Development Board, local governments and Blue Ridge Women in Agriculture.

Projects launched under Blue Ridge Seeds of Change range literally from farm to table. Both fledgling and veteran farmers can get training and resources, including hoop houses that extend the growing season. The program also helps farmers find markets and buyers for their products.

But the program also reaches out beyond the fields to help train people for work in the food industry and to bring healthy foods to schools, a homeless shelter and the pantries of people in need.

Some of the work is simply introducing like-

minded people to each other, encouraging them to work together and then giving a small push in the form of funding, training or mentorship. "We want to bring people together, then step back," explained Jeffrey Scott, Heifer's Appalachia director of Seeds of Change.

Scott recognized Rose's leadership potential and knew that with the right resources, she could boost the momentum of the local foods movement in the region. So he helped her secure Heifer funding to open Rose Mountain Butcher Shoppe on Lansing's main drag, where she sells products from her farm and from other local growers. The shop officially opened this winter after Rose spent a few months renovating the space. As you might guess, Rose did the carpentry work herself.

Resistant to the notion that healthy food is a luxury affordable only for the rich, Rose plans to accept food stamps in her shop. "Most of my neighbors are either on welfare or disability," she said. Offering fresh and healthy food is her way of keeping those neighbors out of the hospital where she used to work.



Ann Rose used to be a roofer, and she put her carpentry skills to work to transform an empty storefront into her own butcher shop. Visit [www.rosemountainbutchershop.com](http://www.rosemountainbutchershop.com) for more photos and information.





Farmer Holly Whitesides, above, works long days to raise enough animals and vegetables to make her mortgage.

At right, Whitesides receives a pig named Mr. T from veteran hog farmer Ann Rose.

Shoppers swarmed Rose's store at her grand opening, taking up all parking spots for two blocks. "I am so humbled by the outpouring of community support," Rose said. She's already planning to open a second shop in Boone next year.

Heifer helped Rose get loans and even funded a small portion of her first shop. In return, Rose is sharing her considerable knowledge with other farmers hoping to make a living on the Blue Ridge Mountains' steep slopes.

She's sharing her animals, too. Last fall, Rose passed on piglets named Apache, Mr. T, Thea and Frankie to Holly Whitesides in a sunset ceremony at Whitesides' farm. Land prices have been shooting up in Boone and surrounding areas as affluent retirees and people looking to build second homes snatch up acreage. Whitesides bought her land during the recent economic downturn, when the ailing real estate market dropped prices to an affordable level. Now she's trying to pay her mortgage and make a living raising vegetables, goats, chickens, and now, pigs.

Rose hopes to see fellow farmers like Whitesides thrive, and she wants to see her neighbors embrace the healthy foods grown in their own region.



Even if her business takes off and she makes enough money to retire to a beachfront condo in Florida, Rose said she plans to stay put. Farming and raising animals is a calling that keeps her happy and healthy. Plus, she knows she would never find a view to rival what she sees every morning when sunlight spills over the Blue Ridge.

"This old girl's staying right here," she said. "I done picked my spot." ■



# Helping Farmers at Home

Heifer International's Seeds of Change is a five-year initiative to end hunger and poverty in Arkansas and Appalachia by boosting nutrition, creating jobs and helping small-scale farmers increase their income and contribution to the local food markets—all using the extraordinary potential of locally produced food.

In Appalachia specifically, Heifer and partners aim to build a strong and resilient chain of food growers, buyers, distributors, consumers and sellers.

What is different about this model compared to how Heifer works elsewhere in the world? Not too much, actually. Just like the farmers in other countries where Heifer works, Ann Rose is a small-scale farmer committed to feeding her family and community using local foods while minimizing the impact she has on the environment.

Go to [www.heifer.org/seedschange](http://www.heifer.org/seedschange) for more information on the initiatives in Arkansas and Appalachia.



VIEW VIDEO AT  
[WWW.HEIFER.ORG/  
WORLDDARK](http://WWW.HEIFER.ORG/WORLDDARK)





# Medical Center

Name: Mr. Mr. Age: 12

Address: Mr. Mr. Date: Mr.

Rx



Mr. Mr.  
Signature

☒ Weekly

☐ Monthly

☒ Repeat 1 2 3 4 5

# THE OTHER WHITE COAT

By **Donna Stokes**, *World Ark* managing editor  
Illustrations by **Coco Masuda**

## ONE DAY, YOUR FAMILY PHYSICIAN COULD HAND OUT PRESCRIPTIONS FOR COOKING CLASSES OR A VISIT FROM A PERSONAL CHEF.

A vegan gastroenterologist and a bacon-loving, diabetic chef walk into a kitchen. Stop me if you've heard this one. It's the start—not of a joke—but of a game-changing evolution in how the medical community approaches human wellness and disease prevention.

"Medicine is at a turning point, and it's going to be such a tectonic shift that we're going to have to rethink everything we know," said Meenakshi Budhraj, a gastroenterologist keen on keeping her peers ahead of the curve. In part, that means shifting medical interventions to the top of the proverbial cliff, she said, so we can rely less on the ambulances, hospitals and disease treatments now parked at the bottom of the cliff to heal us after we fall off.

Medical practices of the future will be predictive, preventive, personalized and participatory, or what is being called P4 Medicine, Budhraj said. A first step toward that is changing unhealthy food habits.

Eight of the 10 leading causes of premature death in the United States are profoundly influenced

by what we eat, she said in a talk to physicians and their families at a recent "Healthy Food, Healthy Living" conference held at the University of Arkansas' Winthrop Rockefeller Institute.

### LEADING CAUSES OF DEATH

- 1 HEART DISEASE
- 2 CANCER
- 3 CHRONIC LOWER RESPIRATORY DISEASES
- 4 STROKE
- 5 ACCIDENTS
- 6 ALZHEIMER'S DISEASE
- 7 DIABETES
- 8 KIDNEY DISEASE
- 9 INFLUENZA AND PNEUMONIA
- 10 SUICIDE

**SOURCE:** Centers for Disease Control and Prevention, preliminary data for 2011





## **“ABOUT 80 PERCENT OF MY PATIENTS HAVE VERY LIMITED COOKING SKILLS. THAT IS WHY THEY ARE MY PATIENTS.”**

—Meenakshi Budhreja, gastroenterologist

Budhreja, who came up with the idea for the conference, was inspired to unite chefs and doctors in her community by the Culinary Institute of America and Harvard School of Public Health's "Healthy Kitchens, Healthy Lives" conference in Napa Valley, Calif., and after 30 years of odd answers to her medical history question, "Who cooks for you?"

"I get answers like 'Burger King, McDonald's, Rally's' ... and sometimes 'my mother-in-law' or 'me,'" she said. "Today, it's very rare that people actually cook at home. About 80 percent of my patients have very limited cooking skills. That is why they are my patients."

Take a patient with heartburn, or acid reflux, she said. It's treated with something like Prilosec OTC. "When you follow up with the patient, they say, 'You are a great doctor, my heartburn is fixed, now I can eat everything I want.' Yet that's not resolving the problem. Instead, you've created a patient out of a person."



In the kitchen lab, Executive Chef Robert Hall of the Winthrop Rockefeller Institute welcomed physicians and their spouses as Jim Gaffigan's comedy routine on bacon played in the background.

"You wanna know how good bacon is? To improve other food, they wrap it in bacon. If it weren't for bacon, we wouldn't even know what a water chestnut is. 'Thank you, bacon. Sincerely, Water Chestnut III.' " (canned laughter)

The elective lab session included Hall's instruction in healthy meal preparation, a bonus for very busy physicians who also may not feel they have time to cook every night.

Hall introduced himself to the group as a Type 2 diabetic and a person with intimate buy-in to a

program that studies food as medicine. He said his instructions from his doctor consisted of the following:

"Eat better; be more active; take your medications; come back in three months."

To learn more about what "eat better" means, as a patient you can do a Google search on the diabetic menu, he said. "But the deeper you get in, the more confusing and contradictory the advice becomes," Hall said. "Eat this; don't eat that. It'll drive you crazy."

And for a chef, just knowing what to eat is not enough. There has to be some accounting for taste, even if you can't incorporate favorites such as bacon into every meal.

"We all seek flavor and make food and dining choices based on the flavors we desire," Hall said. Yet the American spice kitchen consists pretty much of just two spices: salt and pepper. "And pepper not so much."

"But in front of me lies the spice kitchen of the rest of the world that we can study to learn ways to get taste without as much sugar, fat and salt. Like everyone, I want flavor. Yet part of learning to cook is learning that we have access to all these varieties of foods and spices from around the world."

Instead of demonstrating how to cook a meal first, he instructed the class to just "jump right in and learn by doing as your patients will have to. ... Our goal is to learn practical ways to help both you and your patients improve their nutrition skills."

In pairs, the physicians learned to cook healthy dishes with international flair and flavor such as antipasti salad and dressing, coconut shrimp curry, Korean-style chicken wraps and ratatouille. There were even recipes for desserts—double-chocolate brownies and peanut butter mousse—that offered lighter substitutions such as yogurt for fats and cocoa powder for sugar.



**“PEOPLE SAY THAT THEY CAN’T MAKE FOOD AT HOME THAT TASTES AS GOOD AS THE RESTAURANT. THEY’RE REALLY SAYING THAT THEY DON’T KNOW OR UNDERSTAND PRINCIPLES OF ENHANCING FLAVOR.”**

—Robert Hall, chef

Doctors often used the word “intimidation” when talking about how most people feel about cooking and the kitchen, Hall said. “The reason most people don’t cook isn’t time or economy, though those are often what we use as excuses. The reason is they just don’t know how.

“People say that they can’t make food at home that tastes as good as the restaurant. They’re really saying that they don’t know or understand principles of enhancing flavor.”

Hall doesn’t have all the answers, or know anyone else who does, he said. Cooking is a skill that has to be acquired, either by learning from someone more experienced or by simple trial and error.

“I hope participants of this kind of class and program come away with at least a little understanding that cooking is not as difficult or complex as one may have previously thought,” he said.

TURN TO GOOD LIFE ON PAGE 8 FOR THE RATATOUILLE RECIPE, AND GO TO [WWW.HEIFER.ORG/WORLDDARK](http://WWW.HEIFER.ORG/WORLDDARK) OR DOWNLOAD WORLD ARK’S TABLET EDITION FOR MORE RECIPES COURTESY OF CHEF HALL AND THE WINTHROP ROCKEFELLER INSTITUTE.





**“I WANT YOU TO BEGIN TO SET THE EXAMPLE.  
ONE MEAL A WEEK MORE THAN YOU DO NOW,  
COOK AT HOME.”**

—Robert Hall, chef



In its second year, the Arkansas conference focused on nutritionally responsive disease, said Alecia Hamilton, event organizer and director of continuing medical education at the University of Arkansas for Medical Sciences.

“Studies are beginning to show drastic improvement in patients’ care and treatment if they are addressing nutrition,” Hamilton said. “The feedback (from the event) has been really positive. Physicians find it helpful. In medical school, they just don’t teach very much about nutrition, or even how to manage someone who is obese.”

Doctors who exercise are more likely to recommend exercise to their patients, Budhraj said, so it should follow that physicians who cook would be much more likely to send a patient home with a culinary prescription rather than a statin.

“Doctors can tell you what to eat, but chefs actually know how,” Budhraj said. “They are the ones who have the ability to translate and actually fill a dietary prescription. Chefs have not traditionally thought of themselves in that light, that’s why it is so amazing to work with them in this way.

“They have the unique ability to shape our collective palates and make it ‘cool’ to eat certain

foods,” she said. “Every meal they serve us has the potential to heal.”

Traditionally, physicians have been disengaged from what patients eat because their training focuses on disease and not how to recognize and quantify wellness, Budhraj said.

“We only see sick people. Always in medicine you are looking for diseased people to fix them, and I think this is the wrong way of going about things. I think you should look at people who are not sick and figure out what they’re doing right. And if I do that in my own family, and with my friends and patients, there’s a constant, recurring theme. If they’re healthy, they cook at home.”

Hall further clarified why inviting “the other white coat” to a medical conference is beneficial to both sides.

“If we bring together knowledge of both physiology and the culinary arts, doctors would be better equipped to make real, lasting change in patients’ lives, and chefs would be better equipped to approach food service with a more healthful and nutritious focus,” Hall said. “Everyone needs more direction than ‘you need to eat better.’”

“I want you to begin to set the example,” Hall said. “One meal a week more than you do now, cook at home. Cook at least one dinner a week that’s not from just a can or a box.” ■

# HEIFER ADAPTS TRAINING IN NUTRITION TO LOCAL NEEDS



PHOTO BY OLIVIER ASSELIN

Rwandan farmer Arodia Uwimbabazi uses goat manure to fertilize her highly productive vegetable garden.

**C**onvenience, taste, access to fresh foods and obesity's role in disease are part of the larger conversation about nutrition and even hunger around the world.

Between 1980 and 2008, the number of people overweight in the developing world more than tripled, from 250 million to 904 million, according to the Overseas Development Institute in London's "Future Diets" report.

The report notes that obesity, together with excessive consumption of fat and salt, is linked to the rising global incidence of

non-communicable diseases including some cancers, diabetes, heart disease and strokes.

At the same time, under-consumption of dietary energy, protein and micronutrients is still a problem for hundreds of millions of people. Inadequate micronutrient intake has far and wide-reaching effects such as cognitive impairment, weakened immune systems, stunting in children and decreased productivity and potential. In 2012 alone, nearly 5 million babies died within their first year of life, with nearly half of those deaths linked to malnutrition, according to the World Health Organization.



For 70 years, Heifer has worked to create sustainable food systems and to improve the food security and nutrition of the world's poor and hungry. Heifer addresses broad nutritional challenges by tailoring training and inputs to specific needs and cultural and geographic issues in the communities it serves.

Farmers who grow seasonal crops with lean months where little income comes in—for example coffee growers in Mexico—learn how to plant, tend and cook from kitchen gardens to diversify meals and have leftover crops to sell. Poultry and small ruminants such as sheep and goats support family nutrition with milk, eggs and meat rich in protein, iron and vitamin B12 in our projects around the world, from Ecuador to Senegal to Nepal.

Heifer works with Partners in Health in Rwanda, and with other partners throughout the world, to

improve nutrition for HIV and AIDS patients through training and support in organic and agroecological

Read more at  
[www.heifer.org/aidshealth](http://www.heifer.org/aidshealth)

farming and animal-based projects. Dairy cows provide much-needed protein and manure that is used as fertilizer to increase crop production. The sale of offspring and dairy products can help participants buy supplementary food and medication. Animals also serve as a savings account and provide a source of income for those ostracized or orphaned.

In Bolivia, Heifer and its partners teach urban schoolchildren the value of native foods and indigenous traditions to address nutrition problems that come from urbanization and a distance from the land.

Eduardo Escobari, principal of the San Luis de Gonzaga school in El Alto, Bolivia, says “We tell the parents and we teach the students to change the way they eat. As you know, there’s the television set and it influences them to eat junk food. And we forget our own foods that our families have eaten for decades. So it’s good for these courses to remind us to put to practice these lessons.” ■

**READ MORE ABOUT HOW HEIFER'S SEEDS OF CHANGE PROJECTS IN APPALACHIA HELP SMALL FARMERS MAKE A LIVING ON PAGE 24.**

PHOTO BY JAKE LYELL



PHOTO BY GEOFF OLIVER BUGBEE







In Armenia (far left), Aram Sahakyan and his mother Susanna Sahakyan harvest vegetables for a meal. Alma Pan-oy prepares vegetables for lunch in Binonsay subvillage, Philippines (left).

PHOTO BY RUSSELL POWELL

In El Alto, Bolivia (below), students sample native foods prepared and delivered by their mothers to their classroom at the San Luis de Gonzaga School. The feast was part of nutrition lessons supported by Heifer and its partners.

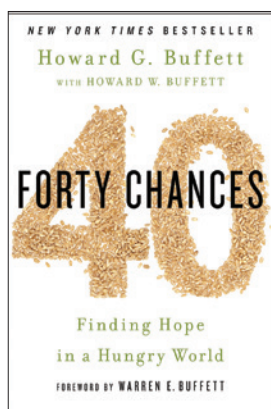






# Hunger in the U.S. is Often

Book excerpt by Howard G. Buffett



*40 Chances*  
By Howard G. Buffett with  
Howard W. Buffett

Simon & Shuster, 2013  
Hardcover, 443 pages; \$26

“It’s not that I didn’t realize hunger was an issue in America, but I did not appreciate how widespread and yet hidden it was. I had spent some time in Appalachia, particularly in the poorest areas of West Virginia where people struggled with hunger daily.

There I took some photographs of a man named Everett, who had a deep impact on me. We were driving by his home, and he came out on his porch to retrieve the mail. He was so thin. The image stuck in my mind. I went back later in the day, found him, and struck up a conversation. Then I took some photographs of him. Everett was a veteran and on his front porch flew a flag that he proudly saluted, but he was barely surviving. He had Parkinson’s disease.

After our visit, I sent him some of the pictures I’d taken. He told a representative of a local agency who had been with me and who delivered the photographs, “Tell that photographer to come back and take pictures of me in my uniform.” I wanted to do that, but a few months later, we could not find him. I later learned that Everett had died.

I was affected by this encounter. For a

long time, it was hard for me to think about hunger in America without thinking of Everett. However, the local poverty of the region was so dramatic that I did not make the connection to hunger in the United States more broadly until years later, after my experience at Good Sam [the Good Samaritan Inn, a Decatur, Ill., soup kitchen.]

It astounds me that one in six Americans is food insecure. I have learned that every county in the country, from the wealthiest suburbs to productive agricultural regions, is home to people who cannot count on eating three meals a day. Millions of families are a layoff, a personal crisis, or a serious illness away from financial trouble so severe that they could end up without enough to eat.

In the United States, food tends to be the most elastic of the monthly expenses for families. Rent, utilities, transportation costs and insurance bills are not negotiable month to month, so for folks struggling to make ends meet, those get paid first.

That’s one reason you can end up with families living in relatively nice homes or apartments, driving cars, holding down jobs, and yet with little left for food. So when Dad



## READ TO FEED

*“My best Read To Feed book is Namaste! by Diana Cohn and Amy Cordova. I love it because it is a good story, and I know the things in the pictures, and my mother said she will make me a dress like in the book. It is also a good book for people who like to see other cultures. It will make them love Nepal, too.”*

**PRYINKA MONGAR, AGE 11**  
Children’s School of Rochester, Rochester, N.Y.

LEARN MORE AT [WWW.READTOFEED.ORG](http://WWW.READTOFEED.ORG).

# Hidden

is laid off or Mom gets her hours cut back, families dial down their food budget and buy less costly (and typically less nutritious) food when cash is short.

Or they seek other ways of supplementing their pantries through food stamps or visiting a soup kitchen or a local food bank. Food insecurity is also on the rise among older people who may have thought they were in good shape but then must decide between buying expensive medicine, a car repair, or food. ■

Howard G. Buffett shares lessons learned on his journey to help the world's most vulnerable people in *40 Chances: Finding Hope in a Hungry World*. This excerpt is from "Story 8: Where Hunger Hides." Find the book at Barnes & Noble, Amazon.com or other favorite booksellers. Copyright © 2013 by Howard G. Buffett and the Howard G. Buffett Foundation. Reprinted by permission of Simon & Shuster, Inc.

## NEW AND NOTEWORTHY

### 40 Chances: Finding Hope in a Hungry World

By Howard Buffett

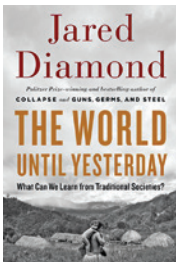
This book is a must-read. Howard Buffett offers a unique perspective as a farmer and philanthropist and understands the choices global farmers must make. His commitment to soil fertility and its importance to our survival as a species is inspiring.



### The World Until Yesterday: What Can We Learn from Traditional Societies?

By Jared Diamond

Anthropologist Jared Diamond gives us a fascinating insight into the social, political and economic relationships that guide so-called tribal cultures. Their wisdom is helpful in organizing ourselves more effectively and with greater humanity.



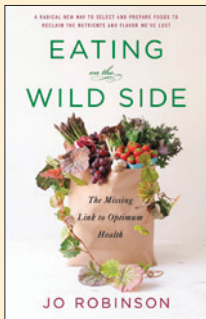
## THREE FAVORITES ON: FOOD AS MEDICINE

Heifer's Seeds of Change Initiative in Appalachia and Arkansas promote small-scale farmers and help link them to workplaces, schools, hospitals and other markets to improve community health and nutrition. Below are a few options for further reading on food as preventive medicine.



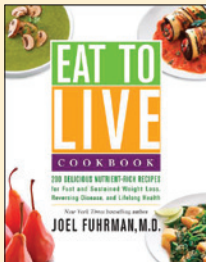
Farmacology: What Innovative Family Farming Can Teach Us About Health and Healing

By Daphne Miller, M.D.



Eating on the Wild Side: The Missing Link to Optimum Health

By Jo Robinson



Eat to Live Cookbook: 200 Delicious Nutrient-Rich Recipes for Fast and Sustained Weight Loss, Reversing Disease, and Lifelong Health

By Joel Fuhrman, M.D.





# Northern Bolivia Flooding Affects More Than 1,000 Heifer Farmers

By Annie Bergman, *World Ark* contributor, Photos by Napoleon Calcina, Heifer Bolivia

**SAN IGNACIO de MOXOS, Bolivia**—Unusually heavy rainfall in the northern regions of Bolivia throughout February and much of March caused damaging floods resulting in the loss of crops and possibly some livestock for nearly 1,100 Heifer farming families.

Napoleon Calcina, Heifer Bolivia's head of technology and communications, said that the farmers had lost all of their rice, banana, manioc and corn crops. Many farming families had just planted new seeds, which could not withstand the conditions of standing water, he said.

At the outset of the rains in early February, Heifer Bolivia Country Director Daniel Vildoza said livestock were at high risk for being washed away or eaten by wildlife species such as lizards, alligators and anacondas.

Most Heifer farming families in this area raise hair sheep and chickens. Two artificial fishponds were also at risk of being lost because of the rising of the rivers, he said.

Vildoza said the organization would continue to monitor the health of the surviving livestock, as disease could still be an issue even as the waters recede. By mid-March, waters had not receded much and farmers and staff were still working to assess the extent of the damage to homes and whether they had lost livestock.

Heifer has already provided short-term provisional support—food, water, medicine and transportation—to project participants in the wake of the floods. In all, the floods killed more than 40 people, but all Heifer farmers were safe. ■



Heifer farmers in northern Bolivia suffered significant damage to their homes and crops after heavy rains caused flooding in February and March. Project participants in San Ignacio de Moxos (below) salvaged what they could of their banana crops in between the rains.



To help those hit by disaster, go to [www.heifer.org/disaster](http://www.heifer.org/disaster)

# PUT YOUR FAITH IN ACTION



Inspire change and transform lives through Heifer International's faith-based programs. Visit [www.heifer.org/faithecommunities](http://www.heifer.org/faithecommunities) for free resources.



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heifer spirit GIVING RESOURCES, GIVING SELF

# IN SERVICE FOR A BETTER WORLD

By Falguni Vyas, *World Ark* contributor



Estefania Cotera, a Heifer project participant, poses with the pigs that help her get by now that the mangroves can no longer provide enough shellfish for her to sell.



## With two distinct visions and one familiar mission, Alpha Kappa Alpha and Heifer International work together to make the world a better place.

**C**arolyn House Stewart is a woman on a mission to provide “service to all mankind.”

As president of the 106-year-old Alpha Kappa Alpha sorority (AKA), the first Greek-lettered organization founded by African-American women at Howard University, Stewart shares her mission with her organization.

When installed in 2010, Stewart had the unique opportunity to select a signature program to drive the organization’s service goals during her term.

Stewart said she was devoted to continuing AKA’s service legacy around the theme “Global Leadership through Timeless Service,” and immediately saw a connection between her organization’s mission and the mission of Heifer International.

A longtime fan of Heifer’s work, Stewart chose The Global Poverty Initiative as her signature program. Both Heifer’s mission and diversity spoke to her, she said.

AKA has always centered its program activities on issues concerning families and communities, with an emphasis on women leaders. And, under Stewart’s leadership, AKA continues its commitment to end

hunger, preserve the environment and empower women. The Global Poverty Initiative provides food production skills and training in self-reliance through gifts of seeds, livestock and training in environmentally sound agriculture—with education in sustainable food practices as the tool to make women equal partners in ending poverty and hunger. AKA partners with organizations like

Heifer International to implement projects and awareness campaigns within the United States and abroad.

The idea is “to see a diverse group of people from all over the world working with one goal and one mission,” Stewart said. “To end global poverty and create economical stability for family and women is just heartwarming.”

Though Heifer works in more



AKA President Carolyn House Stewart visits a project participant family in Muisne, Ecuador.





than 30 countries, AKA has chosen to concentrate its efforts to projects in Ecuador and Kenya. And in 2013, Stewart, along with 11 other Alpha Kappa Alpha members, traveled to witness Heifer's work in Ecuador's mangrove forests.

In partnership with the Foundation in Defense of Ecology and Environment, a South American nonprofit with an office in Muisne, Ecuador, the mangrove projects focus on coastal conservation and food and income security for the indigenous population, the Afro-Ecuadorian communities whose shellfish livelihoods have been threatened by commercial farming.

Ecuador's coastal provinces contain 70 percent of the mangrove ecosystem. Historically, mangrove areas are responsible for the livelihood of small fishing and gathering traditions. However, due to large-scale, commercial tropical shrimp farming, this ecosystem has been damaged, forcing most of the native population to move elsewhere and leave their ancestral territory behind.

For Stewart, the mangroves project was fascinating, particularly because AKA is made up of predominantly African-American women.



PHOTO BY ADELIA KITRELL

Many families in Muisne build their homes on stilts over the water.



PHOTO BY SUZANNE MUNSON

AKA members visit a visually impaired women's group in Samituk Village, Kenya, for a Pass on the Gift ceremony.

"This project intrigued me.... I was interested to support a project founded by shipwrecked slaves," Stewart said.

The project's beneficiaries are descendants from a wrecked slave ship heading to Peru in the early 16th century. They established settlements along the northwestern coast in Esmeraldas.

The investment in the Ecuador project was an opportunity for AKA women to become advocates and leaders in global development, she said.

"Alpha Kappa Alpha women believe that we're blessed with gifts and that we must share those gifts. Our basic philosophy is one of respect for self and humankind ... we are in a global society, and we believe in doing our part."

Alpha Kappa Alpha also supports Heifer projects in Kenya, focusing on areas with a strong potential for dairy farming but low per capita income and high child mortality rates due to malnutrition.

AKA has 260,000 members in graduate and undergraduate

chapters in the United States, the U.S. Virgin Islands, the Caribbean, Canada, Japan, Germany, Korea and on the continent of Africa.

Last year, AKA donated 1.2 million hours of service to a variety of causes and organizations, touching the lives of 12 million people and contributing more than \$4 million in donations.

To date, AKA members have donated nearly \$400,000 to Heifer International. ■



For more information on how AKA and Heifer are partnering visit [www.heifer.org/partners](http://www.heifer.org/partners) or call toll free 800.422.0474.

# Celebrating 70 Years of Family Farming

This year marks both the 70th anniversary of Heifer International and the United Nations proclamation of 2014 as the International Year of Family Farming. Family farmers have long been the foundation of thriving communities and societies. We believe it is no different today: they hold the solution to ending hunger and poverty. With 870 million people around the world struggling with hunger, there is still much work to accomplish and Heifer wants YOU, our donors, volunteers, advocates and supporters to help create Communities of Change so that we can all see an end to hunger.



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**BEYOND HUNGER**

COMMUNITIES OF CHANGE



Please join us at one of our **Beyond Hunger: Communities of Change** events as we mark 70 years of work with family farmers.

Rutland, Mass. - May 17<sup>th</sup>  
Milford, Ind. - Sept. 13<sup>th</sup>  
Dallas, Texas - Sept. 18<sup>th</sup>  
Seattle, Wash. - Sept. 20<sup>th</sup>  
Portland, Maine - Sept. 27<sup>th</sup>

Chicago, Ill. - Oct. 1<sup>st</sup>  
Perryville, Ark. - Oct. 4<sup>th</sup>  
Atlanta, Ga. - Oct. 4<sup>th</sup>  
Westfield, N.J. - Oct. 5<sup>th</sup>  
Los Angeles, Calif. - Oct. 11<sup>th</sup>

Sacramento, Calif. - Oct. 18<sup>th</sup>  
Houston, Texas - Oct. 18<sup>th</sup>  
Manheim, Pa. - Oct. 25<sup>th</sup>  
Orange County, Calif. - Nov. 1<sup>st</sup>  
Boston, Mass. - Nov. 2<sup>nd</sup>

**Together we can change the world.**

For more information or to register today, go to [www.heifer.org/communities](http://www.heifer.org/communities)  
or call **877.243.4337 (877.A.HEIFER)**  
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## ▲ HEIFER OPPORTUNITY T-SHIRT

When you give a gift to Heifer International, impoverished people around the world are empowered to move toward self-reliance. Design printed on Alternative Apparel shirts and available in men's sizes in light navy and women's sizes in black.

**NOPPMEN Men's Light Navy T-Shirt S-XXL \$18**

**NOPPFEM Women's Black T-Shirt S-XL \$18**



## HEIFER YOUTH SIMPLE MATH T-SHIRT

The math is simple. Give to Heifer and help children get an education. Design printed on Port & Company shirts and available in youth sizes in desert sand color.

**NMATHEDYTH, Youth Desert Sand T-Shirt XS-XL \$14**



## ▲ HEIFER BEYOND HUNGER T-SHIRT

Show your support of Heifer's initiative to move BEYOND hunger in communities around the world. Design printed on Alternative Apparel shirts and available in women's sizes in heather-gray colors and men's sizes in army green.

**NBEYONDMEN Men's Army T-Shirt S-XXL \$18**

**NBEYONDFEM Women's Heather-Gray T-Shirt S-XL \$18**



## HEIFER NOTECARDS ►

Join Heifer in celebrating our 70th anniversary with these new notecard sets featuring Life Changing Animals, Global Children and Women Farmers. These cards are a pictorial representation of Heifer's projects around the world. Each set contains 8 beautiful photographs printed in sets of 2 on 16 blank cards with 16 corresponding blank envelopes. Cards measure 5-1/2" x 4-1/4".

### NNANIMALFY14

**Life Changing Animals \$11**

### NNCHILDRENFY14

**Global Children \$11**

### NNEMPOWERFY14

**Women Farmers \$11**





A.



#### A. ONE COW AND COUNTING

**NEW!** A creative, quirky and humorous children's book that illuminates the wondrous benefits of cows, goats, water buffalo and more. For 3rd grade and older.

**NBCOWHB Hardcover \$10**

#### B. BEATRICE'S GOAT

The *New York Times* best-selling children's book about the true story of how one goat changed the life of a Ugandan girl. For 1st and 2nd grades.

**NB0700S00 Paperback \$5**

#### C. ONCE THERE WAS AND WAS NOT: A MODERN DAY FOLKTALE FROM ARMENIA

A true story of three boys who joined a Heifer International-sponsored youth group in Armenia and learned to raise cows.

For 5th and 6th grades.

**NB07090HB Hardcover \$10**

#### D. THE CHICKEN AND THE WORM

Introduces the idea that even the smallest creatures can work together to care for the Earth. Pre-K and K.

**NB07070HB Hardcover \$10**

#### E. GIVE A GOAT

The true story of how one 5th-grade class was inspired by *Beatrice's Goat* and raised money to send even more animals to struggling families around the world.

**NBAGGPB Paperback \$5**

#### F. WINTER IN SONGMING

Follow a boy taking his first step into manhood while his village takes a step toward self-sufficiency. For 3rd and 4th grades.

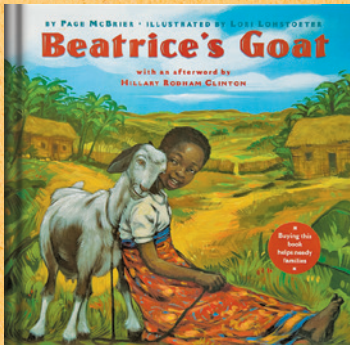
**NB07180HB Hardcover \$10**

#### G. FAITH THE COW

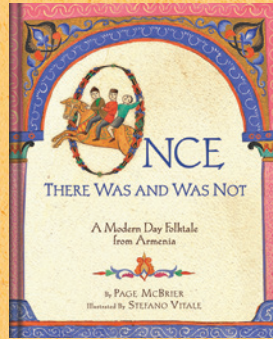
Chronicles the first shipment of Heifer cows to Puerto Rico. Ages 4-6.

**NB0705000 Hardcover \$10**

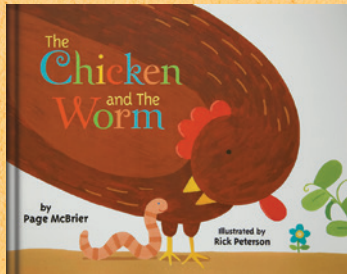
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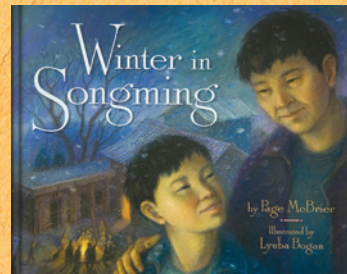
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#### ▲ SMALL GLOBAL BARNYARD PLUSH ANIMALS

These plush animals (above) are the perfect companion to your alternative gift of goats, heifers, bees and more to a family in need. Choose from nine different gift animals. Seven inches tall. **\$7**

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**N01001RAB Rabbit**  
**N01800LMB Lamb**  
**N01800CML Camel**

**N01002GOT Goat**  
**N01410LLA Llama**  
**N01003BEE Bee**



#### ◀ HEIFER SCOUT PATCH

This patch is the perfect addition to any patch enthusiast's collection.

**NSCTPATCH \$3**

#### HEIFER LAPEL PIN ▶

A classic and understated way to show support, the Heifer lapel pin features the organization's logo with a traditional pin back.

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Join Heifer International as we contribute in new ways to conversations about hunger and poverty.







*"This is my passion, can you tell?  
But to be able to do it and give back is wonderful."*

—Susan Owen, Garden Spot manager



Farming fanatic Susan Owen transformed a borrowed plot of land into an organic garden shaped like a butterfly wing. The food she and her volunteers raise at the half-acre Garden Spot goes to the F.A.R.M. Café in downtown Boone, N.C. F.A.R.M. stands for Feeding All Regardless of Means, and cafe patrons pay what they can for fresh and healthy meals. Heifer International supports the garden through its Seeds of Change Initiative. For more information, go to [www.heifer.org/usa](http://www.heifer.org/usa).





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