

PAGE 25 - THE MOST IMPORTANT
GIFT CATALOG IN THE WORLD

HOLIDAY 2017 || HEIFER.ORG

worldark

© THE MAGAZINE OF HEIFER INTERNATIONAL



HEIFER GHANA

An Egg a Day Keeps the Doctor Away

10

FARMING FORWARD
IN ARKANSAS

36

DOLLARS AND
SCENTS IN HAITI

46

IN GERMANY, FOOD
FOR BODY AND SOUL

PLUS

FOR THE RECORD
*Elephants and Camels
and Snails, Oh My!*





It's the most wonderful time of the year!

JOIN US FOR ONE OF OUR HOLIDAY OPEN HOUSES AT OUR LEARNING CENTERS

HEIFER FARM
10 a.m.–4 p.m.
Dec. 2–3 and Dec. 9–10
Rutland, Massachusetts

HEIFER RANCH
5–8 p.m. Dec. 9
3–6 p.m. Dec. 10
Perryville, Arkansas

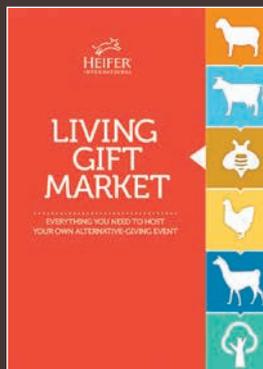
HEIFER INTERNATIONAL CAMPUS
9 a.m.–4 p.m. Dec. 2
Little Rock, Arkansas

WWW.HEIFER.ORG/VISIT

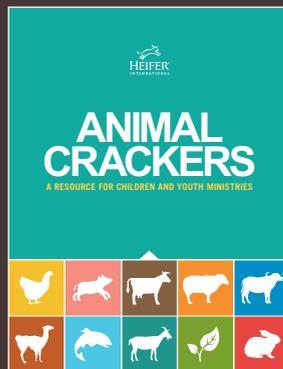
A TIME TO GIVE



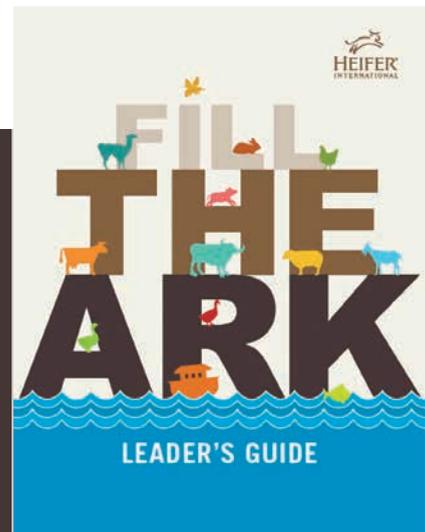
Our **FREE**, hands-on resources can help you transform hearts in your church year-round while helping to end hunger and poverty worldwide.



LIVING GIFT MARKET
Host a giving event at your church.



ANIMAL CRACKERS
Connect to the global family through Sunday School lessons.



FILL THE ARK
This program is perfect for the Lenten season.

ORDER RESOURCES NOW AT WWW.HEIFER.ORG/FAITH OR CALL 888.5HUNGER (888.548.6437)

Dear Fellow Activists,

As the holidays approach and we all turn our attention to the promise of a new year, I would be remiss if I didn't ground us in the reality that 2017 saw very real threats to the entirety of the global development sector and to the moral direction of our nation, which, for so long, has stood up for people in need.

The year began with news that the foreign aid budget would be cut. Our work over 70 years has shown that sources of conflict often include poverty and lack of opportunity, and a cut to this budget could harm national security and the advances we've made in so many areas. Violence, racism and fear were also repeatedly seen throughout the world as the year progressed. Today, we remain uneasy about the direction many nations are taking and the effect it could have on the most marginalized. Despite the year's trials, we are committed to continue empowering communities to lead lives of dignity and self-reliance.

And we did have plenty to celebrate, like the launch of a youth-centric project: The East Africa Youth Inclusion Program in Uganda and Tanzania. The program will support youth as they develop business ideas, navigate pathways for employment and pass on their knowledge, skills and resources to other youth in their communities.

These new endeavors fill me with hope and determination, and I believe that Heifer is uniquely positioned to take an age-old occupation — farming — and apply cutting-edge technologies to increase yields, develop needed

enterprises and truly end poverty for millions around the world.

Despite the year's trials, we are committed to continue empowering communities to lead lives of dignity and self-reliance.

This issue of *World Ark* delivers stories perfect for anyone feeling reflective or looking toward the future. Our historian, Peggy Reiff Miller, recounts our early years providing cattle to families devastated by World War II. You'll learn how we worked with the German government to build peace and select recipients for the 4,000 heifers that were placed there from 1949 to 1961.

Our work today in Haiti is also featured. We're partnering with International Flavors & Fragrances on a project with vetiver-growing communities to both improve the lives of the farmers and produce a better-quality vetiver oil. It's just one of many ways we're leveraging partnerships to help farmers move more of their product to market and diversify their incomes.

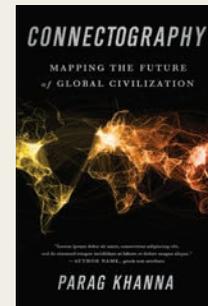
As always, none of our history or our work today would be possible without your support. Thank you for allowing us to continue serving families in need.

Yours for a better world,



Pierre U. Ferrari

MY FAVORITE THINGS IN 2017



BOOK

Connectography is a must-read in today's volatile global political and economic environment.



GIFT

Chickens make eggs, and those eggs yield fast cash and great nutrition. Can a chicken save the world?



PLACE

Tanzania ... lovely, kind people, and I understand a lot of Swahili. It is the language of my childhood in the Congo. *Asante sana!*

MATCHING ISN'T ALWAYS EMBARRASSING



MORE THAN
16,000 COMPANIES
ACROSS THE
COUNTRY MATCH
EMPLOYEES'
DONATIONS
TO HEIFER
INTERNATIONAL,
DOUBLING THE
IMPACT
OF YOUR GIFT.

To find out if your company matches Heifer gifts, all you have to do is go to www.heifer.org/WAmatching and type in your company's name. If you find your employer, just follow the instructions, and your contribution to end hunger and poverty will have double the impact. Or, call **888.5HUNGER (888.548.6437)**.


HEIFER[®]
INTERNATIONAL

worldark

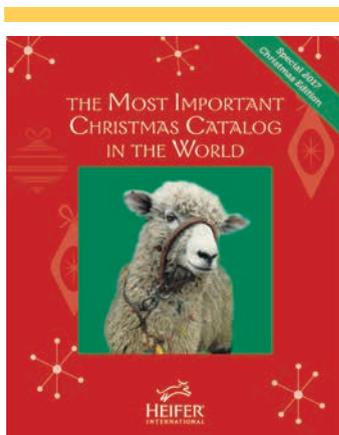


features

Cover Photo: Ben Djaba, 4, grins and holds one of his family's laying hens. Their poultry business ensures regular income and good nutrition for the family of 11.

Top photo: Clement Djaba, 15, collects eggs from his family's laying hens.

Photos by Olivier Asselin



25 The Most Important Gift Catalog in the World

14 An Egg a Day Keeps the Doctor Away
Just a small daily dose of protein is making all the difference for young children in Ghana. Fortified with good health and energy, these families are finally finding happiness and hope.



36 Dollars and Scents
Few crops thrive in the denuded soils of Haiti, but vetiver is different. An ingredient in expensive perfumes, this root gives farming families a path into a thriving marketplace where their product commands high prices.



46 Food for Body and Soul
Seagoing cowboys loaded ships with livestock and crossed the ocean to bring relief after World War II. A new museum exhibit and book delve into Heifer International's legacy in Germany, where hundreds of families received cows to fuel their rebuilding efforts.





TOO SWEET

I am stunned that a recipe for Autumn Apple Cake was featured in your Fall issue. The ingredients are sugar, butter, oil, etc. Wouldn't it be more appropriate for your magazine to feature recipes that provide good nutrition?

DOROTHY WHITESIDE
Placentia, California

MISTAKES DEPARTMENT

In the interest of accuracy: the article on seed saving used the term "biannual." That is incorrect. The term "biennial" refers to a plant that needs two years to reproduce. "Biannual" means twice per year. To be sure that I remembered from college, I looked it up.

LINDA GILL
Sylmar, California

say Western countries, including the United States, are mired in social stratification systems of their own. What do you think?" Here are a few of our favorite responses.

I think the only Americans who would deny that we have the same issues are those from the upper classes. It is driven into the American mind that rich = hardworking and smart, and poor = lazy and stupid. The actual truth is few people will move far from the socioeconomic status they are born into, no matter how much effort they do or don't put into life. You do see some movement from generation to generation, but even that is the exception, not the rule.

HEATHER FARNSLEY
From Facebook

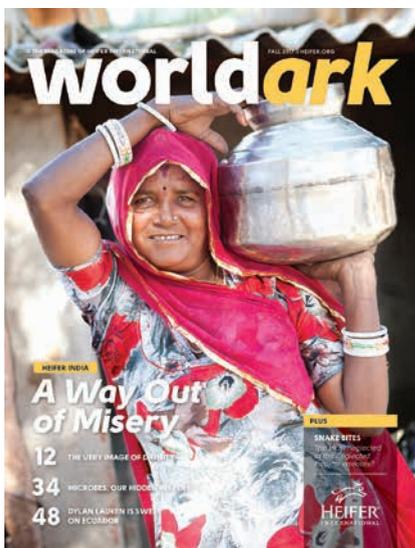
If you're white and American, there's far more mobility and opportunity open to you, no matter which socioeconomic stratum your parents came from. For people of color, the stratification and exclusion is real and much harder, but not impossible, to breach. Friends who are employment advisors in the government or private sectors have told me that a black candidate, if

their name or picture identifies them as African-American to potential employers, generally needs to send out one and a half times as many resumes to get the same number of interviews. Black and Hispanic candidates identified as such are more likely to get no response at all, and they also sit more interviews before getting a solid offer and an employee badge than white candidates. We do have a racially based caste system, it's just a little bit more porous than the one in India.

KEITH KAROLYI
From Facebook

While I can respect traditions and cultures of other countries, the lack of personal freedom is what separates the two. In one system, people are pigeonholed into pre-determined futures and do not have the freedom to escape that. In America, there are definitely socioeconomic and racial barriers to overcome, and people may feel restricted at times, but every citizen has the freedom and equal opportunity to pursue his or her own happiness. Some may be successful and some may not, but there exists the freedom and the opportunity to try. It is possible (and often happens) that people work hard to make what they want out of life and achieve it regardless of the obstacles in their way. Everyone should be the master of his own destiny.

EVE RYAN
From Facebook



In our Fall issue we asked readers about India's infamous caste system. "India's caste system is criticized for confining people inside economic and social borders that are hard to breach. But some

We want to hear from you!

Please send your comments to 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.

Q&A HOLIDAY

Why do you read *World Ark* magazine? What kinds of stories would you like to see more of?



worldark



departments

04 LETTERS

Readers respond

06 FOR THE RECORD

Elephants and camels and snails, oh my!

08 THE GOOD LIFE

One farmer's winter reflection

10 ASKED AND ANSWERED

Farming forward in Arkansas

51 HEIFER BULLETIN

Buñuelos de Rodilla:
Mexican Christmas Fritters

52 MIXED MEDIA

The Ministry of Utmost Happiness

56 FIRST PERSON

Playing to win

JOIN THE CONVERSATION

Follow World Ark blog on RSS and find Heifer on Facebook, Twitter, Instagram, Pinterest, YouTube and Vimeo.



PRESIDENT AND CEO

Pierre Ferrari

PUBLISHER

Annie Bergman

worldark

1 WORLD AVENUE
LITTLE ROCK, AR 72202, USA
EMAIL: WORLDARK@LIST.HEIFER.ORG

MANAGING EDITOR

Austin Bailey

SENIOR EDITOR

Jason Woods

WRITER

Molly Fincher

SENIOR GRAPHIC DESIGNERS

Pooi Yin Chong

John Houser

ASSOCIATE DESIGNER

Misti Hollenbaugh

CONTRIBUTORS

Bethany Ivie Peggy Reiff Miller
Elizabeth Joseph Ragan Sutterfield

To change or remove an address, email donorservices@heifer.org or call toll-free 877.448.6437.

World Ark is the educational, informational and outreach publication of Heifer International. Its purpose is to further Heifer's goals to end poverty and hunger while caring for the Earth and to raise awareness of the issues involved in this work throughout the world. Heifer International is qualified as a charitable organization under Section 501(c)(3) of the Internal Revenue Code. Contributions to Heifer International are tax-deductible to the extent permitted by law.

Since 1944, Heifer has helped 31 million families, directly and indirectly, move toward greater self-reliance through the gift of livestock and training in environmentally sound agriculture.

Heifer International is a member of InterAction, the largest alliance of U.S.-based international development and humanitarian non-governmental

organizations, and of Global Impact. Federal and state employees may designate gifts to Heifer through payroll deduction by entering CFC #12079.

© 2017, Heifer International. Passing on the Gift® is a registered trademark of Heifer International. Opinions expressed in *World Ark* are those of the authors and do not necessarily reflect the views of either the magazine or Heifer International.



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



ELEPHANTS AND CAMELS AND SNAILS, OH MY!

*YOU DIDN'T HEAR THIS FROM US, BUT...
GOATS AND CHICKENS? THEY'RE NOT THE
ONLY SUPERHEROES OF THE ANIMAL
WORLD. MEET SOME OF THE WEIRD (BUT
MIGHTY) CREATURES THAT HAVE TEAMED
UP WITH HEIFER OVER THE YEARS!*

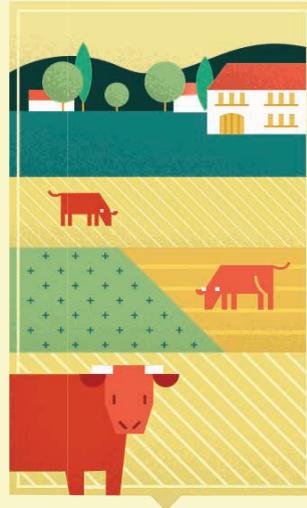
SNAILS

📍 GHANA and CAMEROON

Snails are ideal for farmers who don't own or have access to land – they require little space to thrive, reproduce quickly and feed on vegetable scraps (and, as far as herds go, they're among the most peaceful). Farmers in Ghana and Cameroon find a healthy demand for snail meat.

↓ **LOW IN FAT and
CHOLESTEROL**

↑ **HIGH LEVELS OF IRON, CARBS,
AMINO ACIDS, VITAMINS A and C**



POLISH RED CATTLE

📍 POLAND

Poland's only indigenous cattle, Polish Reds were on the brink of extinction after farmers faced government pressure to raise ill-suited Holstein cattle in the 1960s. After the break-up of the Communist government, Heifer reintroduced Polish Reds in an effort to maintain biological diversity and give unemployed farmers a much-needed boost.



FURIOSO NORTH STAR HORSES

📍 ROMANIA



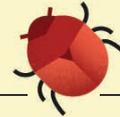
**THEY FOUGHT THE
COMMUNIST PARTY AND WON!**

Like the Polish Reds, Furioso North Star horses fought the Communist Party and won. When Romania's former Communist government mandated the move from private to state-owned farms, more than 600,000 of these native Furioso horses were slaughtered or sold until there were only 600 remaining. Heifer Romania reintroduced the breed to provide much-needed draft power to farmers and to promote the use of local, culturally appropriate breeds.



COCHINEAL BUGS

📍 GUATEMALA



These **tiny Mesoamerican insects** spend most of their time feeding on cactus. Though they seem unremarkable, cochineal bugs produce carmine, one of the most vibrant natural red dyes out there. Heifer recently launched a pilot program in Guatemala to help farmers raise these bugs and sell them to textile manufacturers.

OSTRICHES

📍 ZIMBABWE

The phrase “locally sourced” doesn’t just apply to your fruits and veggies. It applies to Heifer projects, too. That’s why, when farmers in Gweru, Zimbabwe, partnered with Heifer, they voted to raise an animal they were already familiar with – the ostrich. Not only do ostriches thrive in environments that most other fowl can’t handle, they provide:

- ➔ VALUABLE EGGS
- ➔ LEAN MEAT
- ➔ EXPENSIVE FEATHERS



GRASSCUTTERS

📍 WEST AFRICA

Also known as cane rats, grasscutters are native to West Africa and are **prized for their lean, sweet meat**. Heifer Ghana partnered with farmers to domesticate this wild rodent and raise it sustainably to meet the high, local demand.



CAMELS

📍 NORTHERN TANZANIA

They spit, they groan, they lumber ... what’s not to love about camels? In northern Tanzania, these hearty beasts made the **perfect partners for Maasai farmers** struggling with drought. Not only can they eat leaves and grass that are inedible to other animals, these “ships of the desert” can also sail across sand dunes carrying heavy loads.

ELEPHANTS

📍 THAILAND



1989 was a rough year for working elephants in Thailand. A government ban on teak cutting left hundreds out of work. Heifer rescued some of these unemployed and uncared for pachyderms and rehomed them with rural tribes that have traditionally kept and cared for the gentle giants. The elephants earned their keep transporting firewood and, in the summer, tourists.





One Farmer's Winter Reflection

By Elizabeth Joseph, garden and education coordinator at Heifer Farm

“ I have great faith in a seed. Convince me you have a seed there, and I am prepared to expect wonders. ”
— Henry David Thoreau

As a new farmer, I was in the habit of sprinkling triple or quadruple the amount of seed needed into the earth at planting time. I would press and pat the seeds into the soil as though patting a friend on the back in a gesture of reassurance. With all those extra seeds, I was ensuring that in a week or two those first leaves would push through the soil, and I could then breathe a sigh of relief.

Overseeding meant that the plants were overcrowded, and that meant spending hours later in the season hunched over in the delicate and laborious task of thinning crops to the correct spacing. That was fine by me. I was taking no chances with the future.

As the seasons went on, and the seeds consistently germinated, I became more comfortable sowing an appropriate amount. Practically speaking, I learned to farm with more efficiency and efficacy, but really, I learned to farm with more

courage and faith. I learned to trust myself, trust seeds and trust, as Wendell Berry puts it, “the two inches of humus that will build under the trees every thousand years.”

This reciprocal cycle of nurture happened time and again, renewing our hopes and confidence— and I began to wonder: who was really growing whom?

During my very first season when it rained for what felt like the entire months of May and June, I was taught just how much was out of my control, but to be patient and persist nevertheless. Or when two feet of snow fell across the field in October another year, I was reminded that the best-laid plans are always subject to change, but we have a choice in how we respond to the unexpected. And each season, as some crops thrived and others faltered, I saw firsthand that sustainability is a process, and that pride and humility sit side by side at the table.

On a daily basis, I practiced better



communication with a passionate team of volunteers, as well as with the land. Success hinged upon our ability to work together not just effectively, but joyfully. I learned the importance of considering the entire spectrum—the whole and all its parts, the big picture and the details, the beautiful vista of the field landscape and the critical microscopic organisms underground.

And most recently during this past growing season, after five or more years of no-till management, I discerned with great contemplation that what the field needed most was, indeed, tillage. I learned that amongst all the green of the field, there was a tremendous amount of gray, and rarely any black and white. Both on the farm and in life, conditions change, and we must adjust.

So while planting seeds takes a measure of courage, I can attest after nine seasons at Heifer Farm that doing so leads to great wonders. It leads to children pulling carrots from



the ground in wonder and delight. It leads to young people seeking farm apprenticeships to create a better future for themselves and for future generations. It leads to literal tons and tons of nutritious, colorful and delicious food harvested and cooked to nourish and sustain those who eat it. And it leads to this particular farmer reflecting on a season's end, brimming with gratitude.

There is magic in growing

vegetables, and part of that magic is having your faith rewarded nearly every time. Seeds will germinate. It is what they are meant and designed to do. You have to provide the right conditions, be respectful and attuned to their needs, but with some effort there is no telling what beauty will abound.

After, seeds are tiny bundles of potential just waiting to burst forth. They are hope in a better tomorrow. And they don't just come in packets from the hardware store—they are any start, beginning or newness

you want to cultivate in your life.

So friends, be brave. Take no chances with the future. Plant gardens, sign up for CSAs, share seeds, smiles, snow blowers and bread with your neighbors. Go somewhere new, learn something new, meet someone new. Or stay home and see it in a brand new way.

Most of all, plant seeds, often and everywhere, even if it means planting more than necessary. They will grow, you will grow, and I assure you, it will lead to great, tremendous, breathtaking wonders.



Farming Forward

Interview by Ragan Sutterfield, *World Ark* contributor

The average age of America's farmers is rising as fewer young people stay in rural areas to tend the land. Cody Hopkins, a founder of the Grass Roots Farmers' Cooperative, is an exception. He and his family are part of a new generation of farmers who focus on providing healthy food in ways that are also healthy for the land.

With 10 years of farming experience under his belt, Hopkins and other cooperative members are working with Heifer International to make a living income for small-scale farmers a possibility. Hopkins talks about his journey into agriculture, the work of the Grass Roots Farmers' Cooperative and the future of the family farm.

WORLD ARK: What was your journey into agriculture?

CODY HOPKINS: Sure, so I grew up in rural Arkansas. I was the first person in my family to go to college. I got a degree in physics and moved away after college to the Northeast and taught at a private school up there for a couple of years. I wanted to get away from rural Arkansas, but as soon as I was away I just found myself craving it and moved back. When I moved back to Arkansas I managed a small bakery in North Central Arkansas in Leslie called Serenity Farm Bread. While I was there I got to play a big role managing the business and started to catch the entrepreneurial bug.

At the same time Searcy County, where I was living, was named one of the poorest communities in Arkansas, which makes it very high on the list nationally, and it was just pretty obvious that very little, economically, was going on there. So this confluence of interest in food and entrepreneurship and rural economic development was driving me to look at master's degree programs. It was then that I stumbled upon Joel Salatin, the father of pastured poultry. I think I read about him first in *The Omnivore's Dilemma* by Michael Pollan. His model of small-scale, sustainable farming seemed like a powerful tool for economic development, and it was a perfect fit for what I was hoping to do.



PHOTOS BY RUSSELL POWELL

Cody Hopkins raises pigs on his Arkansas farm.

I then met my now wife, Andrea. She grew up homesteading in Arkansas and knew a lot more about farming than I did. Together we launched Falling Sky Farm in 2006 with the goal of creating an economically viable demonstration farm. We wanted it to be a business that would not only make a living for ourselves, but also create some jobs in the community. We've been at it for 10 years now.



in Arkansas



Andrea Todt and Cody Hopkins run Falling Sky Farm.

“We wanted it to be a business that would not only make a living for ourselves, but also create some jobs in the community.”

What has been most surprising to you in those 10 years?

I was really green when I went into it so I didn't have a lot of assumptions, but it has been very difficult to piece together a profitable farm venture, more so than I thought. We've never really had a big issue selling our product at decent prices and production. That's actually probably the easiest part of what we do now. What was really hard was trying

to manage a vertically integrated operation with so many different enterprises. From the production side you have processing, distribution, aggregation, market development, accounting—all those things necessary for a financially viable business were really challenging. That was what led us to push for a cooperative model to share parts of that value chain in a way that would be more efficient and to bring in

professional help to do it better.

Tell us how the cooperative works.

We weren't the only ones having these problems. There were other farmers we had good relationships with that were having the same issues, so we all started talking about how we could help each other. It started organically through sharing the costs of a bulk load of organic feed or taking



Andrea Todt does most of the farmwork.



Feeding hogs is a big job.

“We are working to provide radical transparency for customers so they can really trust that they’re getting what they think they’re getting.”



Fencing allows farmers to let animals range.

animals to the processor together or sharing a restaurant customer we couldn't supply by ourselves. These informal relationships led us eventually to reach out to Heifer, which helped us initiate the Grass Roots Farmers' Cooperative.

If you're a member of Grass Roots, we provide you with technical assistance on the production side to help you make sure you have the right infrastructure, that you're using the right feed, that you're using the right production techniques, that if you have a problem with your animals there is someone you can call. This

helps the farmers focus on farming. They raise the animals and from that point Grass Roots takes over.

What factors make it so difficult for family farmers to earn a living income?

Today our biggest challenge is differentiation in the marketplace, because all of these larger companies are using the same language that we've used to differentiate our products. Labels like "free-range," "pasture-raised," "organic"—those things are meaning less and less. We've landed on really focusing on trying to provide things like "farm

of origin" and transparency from pasture to plate. Right now, we're launching a feature where every package of meat from Grass Roots will have a QR code that customers can scan, and it will take you back to the origin story of that chicken. You'll be able to see which farm it came from and drill down to learn more about the farm. You'll be able to see where the chicken was processed, and you can drill down to learn more about the processing company. We are working to provide radical transparency for customers so they can really trust that they're getting what they think they're getting.



You have a family now. What is it like balancing raising animals with raising children?

Before the cooperative it was a really tough lifestyle for our family. We were constantly on the go making deliveries or taking animals to the processor. I've really seen a significant difference on our farm. My work is now mostly off the farm and focused on the Grass Roots Farmers' Cooperative, and my wife, Andrea, is the primary farmer. We are now producing about twice as much with Andrea and two part-time employees than we did when

both of us were farming and we had several employees. With the co-op, we're able to let the farmers focus on the farming side of things. It's really simplified life on the farm.

If someone's reading this and has thoughts of farming themselves, what would your advice be?

The very first thing you do is visit a farm that is like what you'd hope to build yourself and try to spend the day at least. It would be good to read books and to go to small farm conferences. I know that Heifer USA is starting to roll out a series

of training courses around the production models that Grass Roots and New South [another Heifer-partnered cooperative in Arkansas] do, so take those courses or something similar. Then take some time to write down your family's financial and lifestyle goals because this is a lifestyle job. This is not a job in which you check in at 8 and check out at 5. It's important that people understand that and make sure this fits in with their goals, both financially and in the way you want to spend your time. ■



The entire family pitches in with the chickens.

**For more information about the cooperative,
or to order farm-raised meats and poultry, go to grassrootscoop.com**

An Egg a Day Keeps the Doctor Away

Malnutrition, stunting and frequent illness are common among children in rural Ghana. The Djabas, along with hundreds of other families nearby, have discovered through a Heifer project that eggs and education might be the cure for what ails them.

By **Molly Fincher**, *World Ark* writer
Photos by **Olivier Asselin**

AFRAMASE, GHANA — “BEN!” A chorus of affectionate voices ring out above the sounds of children playing, neighbors visiting, chickens clucking, goats bleating and the rest of the perpetual barnyard cacophony of the homestead where the Djaba family lives. Multiple family members are calling to the precocious 4-year-old Ben, who appears with an irrepressible grin and runs into the circle of laughing admirers. This is a constant refrain throughout the day, a pattern played out again and again as family members feign exasperation at the boy’s antics.

Mathias Lawer, 4, enjoys fresh eggs from his family’s hens every day as part of a project focusing on childhood nutrition.



GHANA CHILDHOOD NUTRITION PROJECT

At a Glance



“Ben, Ben, Ben ... he is a ruffian,” Rachael Djaba said proudly of her second-to-youngest. Djaba, 42, is the mother of nine children ranging in age from 2 to 23 years old. She and her husband, Joseph Tetteh Djaba, 46, are former subsistence farmers, but now they have a thriving poultry business. Four years ago, Ben happened to be just the right age to qualify the family for a project focused on nutrition for young children.

The idea of the project and study — a partnership between Heifer, McGill University, World Vision and the University of Ghana — is to improve childhood nutrition by making sure kids get sufficient protein in their diet—namely, at least an egg a day.

Stunting and anemia are prevalent among children in the Upper Manya Krobo district, the region of Ghana home to the Djabas. It is a rural area, populated mostly by subsistence farmers and fishermen. For many of them, their income rarely stretches to cover much more than *banku* and *fufu*, traditional fare made of plantains,

cassava or corn. These foods offer plenty of carbohydrates, but little else. Those who joined the project, however, received chickens and training on how to raise, care for and sell any excess eggs and poultry that were left after providing children in the family with at least one egg a day. Families also got seeds for home gardens. Because vegetables had been considered a rare luxury before, project participants had to

One egg provides 6 grams of high-quality protein.



learn how to cook with them and incorporate them regularly into their diets. By introducing eggs and leafy greens to the families' diets and helping them set up businesses that produce a regular stream of income, Heifer and our partners hoped to curb malnutrition and give children a better start.

Before joining the project, the Djabas grew maize for sale. When the money from the maize crop ran out, they cut trees to make charcoal to sell. The family took on debt to buy medicine when they needed it, but struggled to pay back loans. The kids went to school only when the family could pull together money for fees and supplies. The family didn't have enough to eat, and the children were consistently sick.

WHAT

Improve childhood nutrition

WHERE

Upper Manya
Krobo district of
Eastern Ghana

WHO

230 households

WHY

- High rates of childhood and maternal malnutrition
- High rates of anemia (74 percent) and stunting (38 percent) among children 6-59 months old
- 48 percent of women of child-bearing age are anemic
- Poor nutrition contributes to $\frac{1}{3}$ of child mortality

HOW

- Incorporate protein into children's diets by providing chickens and poultry business training
- Providing seeds and training for home gardens with local dark, leafy greens
- Nutrition and health training, including how to cook with and incorporate eggs and greens into daily diet



The Djaba family works together to care for their chickens.



Joseph Tetteh Djaba and his son Daniel prepare their vegetable garden for planting.



Daniel plants cocoyam in the family garden. Cocoyam is one of the local, leafy greens the Djabas have incorporated into their diet.



Eggs-ceptional!
Eggs can be a powerful force against hunger. A single chicken can lay up to 200 eggs a year, plenty to sell for a regular income and feed the whole family. For many of the families with whom Heifer works, adding eggs to their diet is an affordable and accessible way to improve nutrition by leaps and bounds.



Rachael Djaba prepares fried eggs on bread for breakfast.



Protein was hard to come by before, but now the Djabas can eat eggs anytime.



The Djaba children share a plentiful breakfast with neighborhood friends.



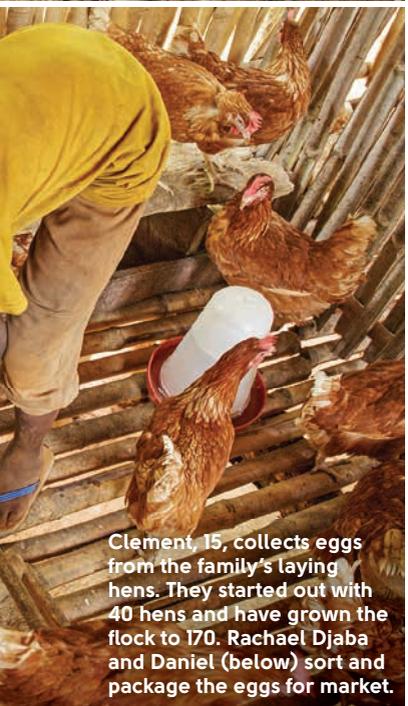
Eggs are packed with vitamins, minerals and nutrients.

GHANA

Fast Facts



Daniel uses manure from the family's chickens for garden fertilizer.



Clement, 15, collects eggs from the family's laying hens. They started out with 40 hens and have grown the flock to 170. Rachael Djaba and Daniel (below) sort and package the eggs for market.



Ghana was the first sub-Saharan country in Africa to gain independence from European colonization.



As a European colony, Ghana was known as the Gold Coast because of the country's abundant gold resources and lively trade.



The Akan people are the largest ethnic group in Ghana and Cote d' Ivoire, and many African-Americans can trace their roots to them.



Adinkra symbols, ubiquitous in Ghana, are Akan symbols of traditional wisdom. These decorative symbols are used extensively in fabrics and pottery.



Ghana's coast is peppered with fortresses and castles that started out as trading posts for gold and other commodities, but eventually turned into the gateways of the trans-Atlantic slave trade as people became Ghana's primary export. The slave trade peaked in the 18th century and ended with the Slave Trade Act of 1807.



The iconic African kente style of woven cloth originated in Ghana. Traditionally worn only by royalty, the bright and bold patterns are now sported around the world by people from all walks of life.

“ **The best time is when the baby is happy.
When the baby is happy, I am happy.** ”
—Rachael Djaba, mother of 9

The first requirement to join the project was having a child under 1 year old. Ben was the “lucky baby who brought the project to this household,” Rachael Djaba said. But they very well may not have qualified for the project, despite Djaba’s eight other children, if they hadn’t adopted Ben almost seven months beforehand.

Ben’s biological mother was mentally ill and abandoned baby Ben when he was one week old. Despite already having seven children at the time, the Djabas took him in. Reflecting back on the decision, Rachael Djaba said, “Even though we think we are poor, there are people more poor than us.”

Raising baby Ben was a struggle because he was so often ill. “It was like a hell to keep that baby alive,” she remembered. He was seven months old when project

staffers came to Aframase, looking for families who qualified for the project. Djaba credits the project with reviving Ben and helping him grow into the healthy, vital boy we see today.

The Djabas started out with 40 chickens but quickly had to make room for more. They’ve already sold 80 chickens and still have 170 on their farm. Even after incorporating eggs into their daily diets, the family collects enough to sell 20 crates of eggs at a market every Friday. Plus, they get big income bumps from selling groups of hens that have stopped laying.

Without these perks, it’s hard to imagine how the family would have kept afloat. “It has not been easy raising nine children,” Rachael Djaba said. Her voice is deep, and tired. “The most difficult thing about raising kids is feeding them and figuring out what’s wrong if they are sick. They cannot tell you. The best time is when the baby is happy. When the baby is happy, I am happy.”

Eggs are a good source of choline, which helps reduce birth defects.

SPIDER Stories

Ghana has a rich folklore tradition. One of the most common characters is Kwaku Ananse (sometimes shortened to Ananse or Anansi), the wise, trickster spider spirit. Ananse is so prevalent in these tales that his name is in the word for folklore as a whole: *anansesem*, or spider stories. Here is one spider story shared by Heifer project participants.



Rachael Djaba and Ben grin and show off a couple of the family's hens.

Kwaku Anansi was the wisest being ever in the world. There are a lot of stories about the spider. He tried to gather all the wisdom in the whole world and keep it in his stomach, and that's why spiders have very big stomachs. At one point Kwaku Anansi filled a pot with wisdom and knowledge and tried to

haul it to the top of a tree so he could hide all the knowledge far out of reach. But the pot was heavy, and he struggled. Kwaku Anansi's son Ntekuma saw his father struggling and asked, "Look, you can't climb with the pot in front of you. Why don't you put the pot behind so it will be easy for you to climb?" Kwaku Anansi grew angry

because he had thought that he had all of the knowledge and wisdom in the whole world in the pot. But if his son was still able to teach him something, it meant there was still wisdom out there that he didn't have. So Kwaku Anansi dropped the pot, and that is how everybody has got some knowledge and some wisdom.

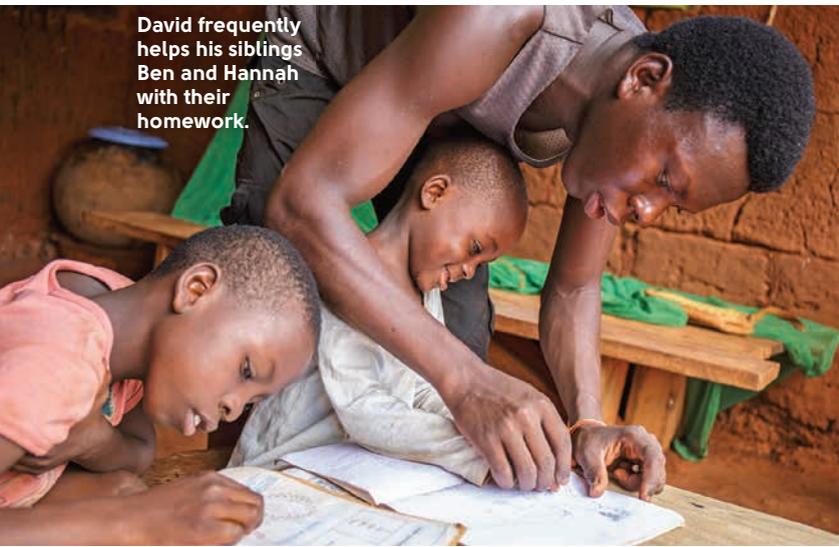


Ben attends class with his fellow students at the village primary school.

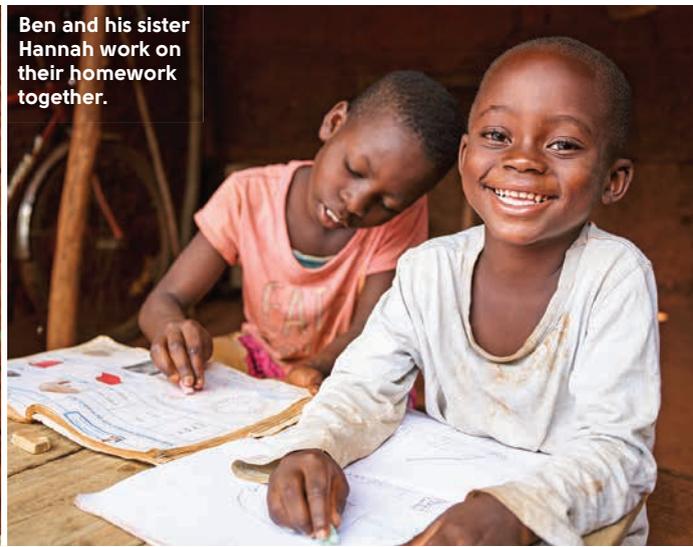


Ben is learning to write in school.

Without the stress of hunger, illness and financial strain, the parents are less irritable, and everyone enjoys each other more.



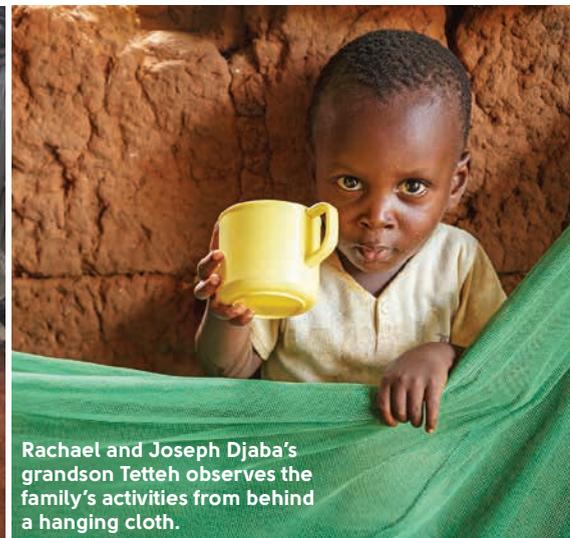
David frequently helps his siblings Ben and Hannah with their homework.



Ben and his sister Hannah work on their homework together.



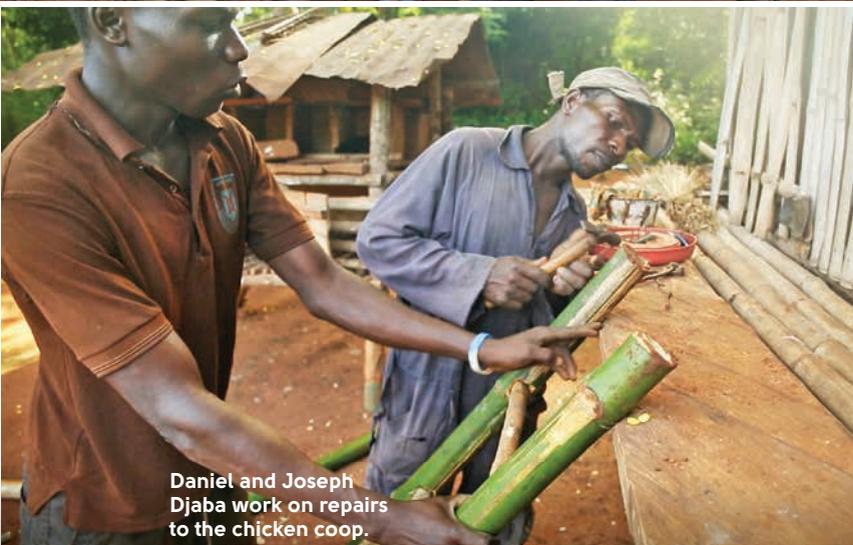
David makes sure his young siblings wash their hands before breakfast with the family's tippy tap.



Rachael and Joseph Djaba's grandson Tetteh observes the family's activities from behind a hanging cloth.



From left to right: Clement, 15, Rachael Djaba, 42, Mamle, 2, Joseph Tetteh Djaba, 46, David, 20, Daniel, 23, Yaa Kudji, 24, Tetteh, 2, and Vida, 23.



Daniel and Joseph Djaba work on repairs to the chicken coop.



Rachael Djaba and Clement feed the chickens.

Rachael and Joseph want their children to go to school, get good educations and secure good jobs. They envision them driving up to visit their parents in their own cars. That future is a definite possibility now.

Rachael Djaba credits her new poultry business with bringing in enough money so that all of the children can go to school. She's also enjoying the unexpected benefit of improved relationships with her children. Without the stress of hunger, illness and financial strain, the parents are less irritable, and everyone enjoys each other more.

Joseph Djaba says he's especially relieved to have some savings put away so he won't

have to borrow money any more. His goal is to be the leading poultry farmer in the district. His vision is that if anyone wants to buy chicken or eggs, his house will be their first stop.

The possibility of an even more prosperous future is nice, Rachael Djaba said, but the most striking and important difference for her is that her children are no longer plagued by constant illness. No one has had to go to the doctor in over two years, a record for the family. As far as she is concerned, "If you are not sick, you are wealthy." ■

Eggs are good for healthy brain function.

THE IMPORTANCE of Play

In addition to training on health and nutrition, mothers involved in this project also received training in the cognitive development of young children. They learned simple games to play with their kids to help them develop their physical and mental abilities, as well as to cultivate the bond between parent and child by spending time having fun together.

For Florence Adjei (32), single mother of two sets of twin boys, the stress of trying to make ends meet meant spending time playing with her sons wasn't usually a priority. But the combination of becoming more empowered and secure through her new poultry business and learning the importance of play through the project trainings has changed her relationship with her sons for the better.

“ Before, there was a lot of stress. But through this education, I found space for the children and there is a bond between us. ”

— Florence Adjei



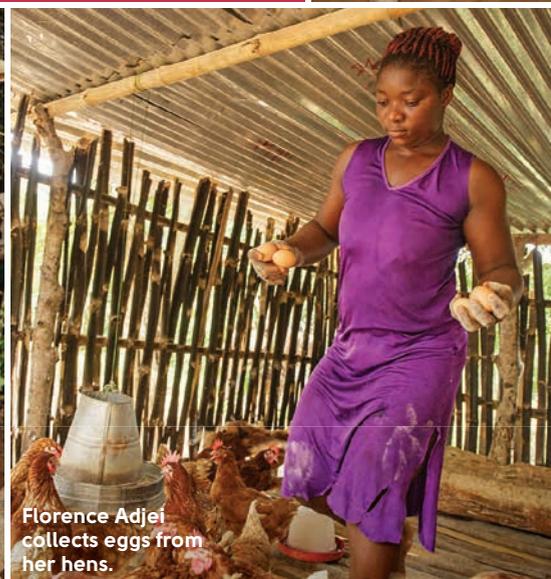
Florence Adjei plays games with her twin sons Mathias Lawer (right) and Maxwell Ateh, 4.



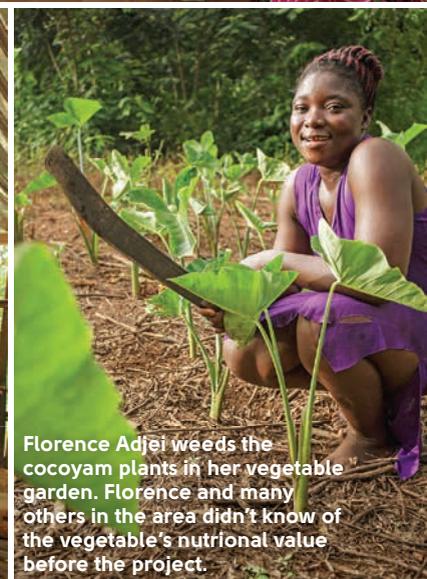
Brothers (from left to right) Maxwell Ateh, 4, Joseph Akwetey, 10, John Akwetey, 10, and Mathias Lawer, 4, enjoy fresh hardboiled eggs from their family's laying hens.



Florence Adjei and her two sets of twin sons (from left to right) Mathias Lawer, Maxwell Ateh, John Akwetey and Joseph Akwetey, with some of the family's laying hens.



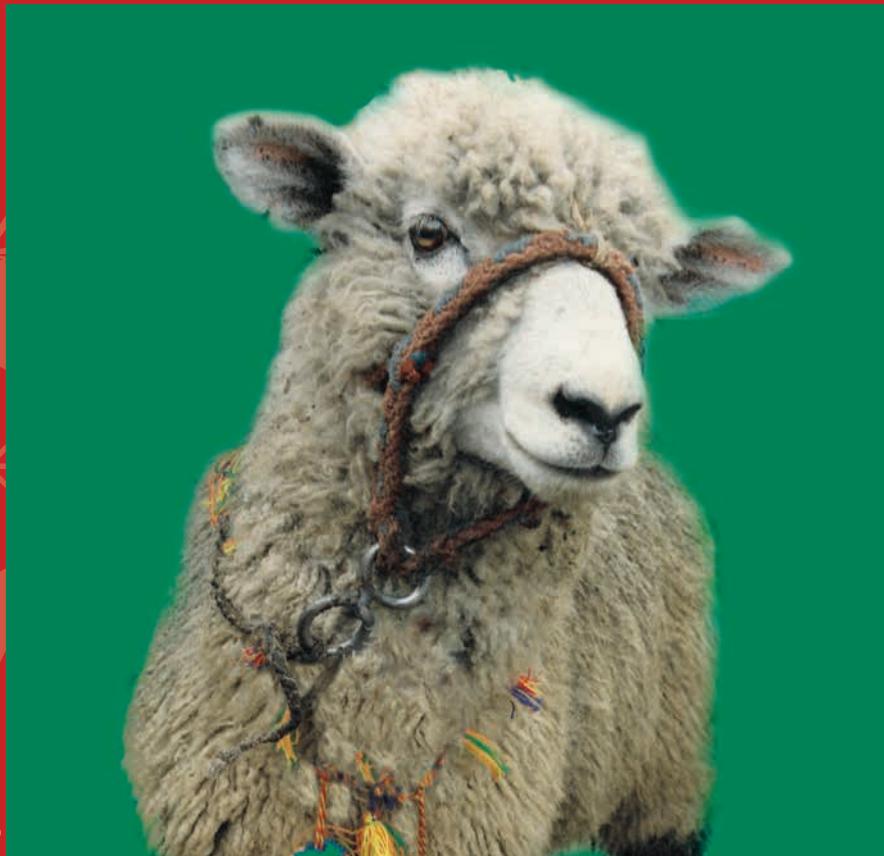
Florence Adjei collects eggs from her hens.



Florence Adjei weeds the cocoyam plants in her vegetable garden. Florence and many others in the area didn't know of the vegetable's nutritional value before the project.

Special 2017
Christmas Edition

THE MOST IMPORTANT CHRISTMAS CATALOG IN THE WORLD




HEIFER[®]
INTERNATIONAL

Dear Friend and Partner,



There's a reason why people the world over call this The Most Important Christmas Catalog in the World: These gifts change lives.

They change the lives of families in need who receive the livestock you help us provide. For the first time in their lives, they will know the dignity of self-reliance. They will be able to put food on the table and earn income for clean water, medicine, school and safer homes.

Together, we can make a difference in the world—and help a family transform their future. And they are gifts that will change your

life by creating an unbreakable bond between you and a family half a world away, who will be forever grateful for the trust you are about to place in them.

So this year, show your friends, family or co-workers just how much you care by giving them one of these great Christmas gifts from Heifer International—the most important gifts in the world.

With warm wishes and friendship,

Pierre U. Ferrari
President and CEO

THREE EASY WAYS TO GIVE

1 Mail the enclosed order form with a check or credit card information to:
Heifer International
P.O. Box 8058
Little Rock
AR 72203-8058

2 Call toll-free:
855.8HUNGER
(855.848.6437)

3 Order online:
www.heifer.org/catalog

FREE HONOR CARDS

For each gift of \$10 or more, you may request an Honor Card for anyone you choose.

YOU HAVE THREE OPTIONS:

Option 1: Heifer will send Honor Cards directly to you to distribute to anyone you choose.

Option 2: Heifer will send Honor Cards directly to anyone you choose. Call **855.8HUNGER (855.848.6437)** or visit **www.heifer.org/catalog** for this option.

Option 3: You can print and give or email Honor Cards to anyone you choose at any time. Visit **www.heifer.org/catalog** for online options.



SHIPPING OPTIONS:

Honor Card orders postmarked by December 11 will deliver by December 24. Missed the deadline? For a fee, expedited shipping is available by calling us at **855.8HUNGER (855.848.6437)**.

NEW! HEIFER GIFT CARDS

Not sure what to choose? Surprise someone special in your life with a gift like no other: the power to choose a life-changing gift and the online experience of Heifer's work and mission. By purchasing this gift card, you are making a donation to Heifer and giving your loved one an opportunity to change someone's life by choosing an animal as a gift. The Heifer gift card shows them that they made a real difference. This engaging, educational gift will make a difference in your home and theirs. Order digital gift cards to email to your loved ones at **www.heifer.org/card**



Celebrate the Holidays with Heifers

Change a family's life forever by purchasing a heifer in honor of your loved ones! By giving a family a heifer and training in its care, you're giving them health and hope.

A good dairy cow can produce up to four gallons of milk a day. That's plenty for a family to drink and share with their neighbors—as well as sell at market!

Protein-rich milk can improve the health of sick, malnourished children. And selling extra milk provides much-needed income for food, medicine, schooling and more.

And since a healthy cow can produce a calf every year, families can Pass on the Gift to help their neighbors lift themselves out of poverty.



Gift of a Heifer \$500
Share of a Heifer \$50



In the Philippines, Jeff Mondayan now has nutritious milk from his family's cows.

Give the Gift of a Goat

You can share your compassionate spirit with those you care for by giving a goat in their honor—and in the process give a little girl or boy somewhere in the world a better future.

The gift of a goat can supply several quarts of nutritious milk a day to a hungry family. Surplus milk can be sold to other families for additional income and used to make healthy cheese or yogurt. Plus, goat manure can fertilize gardens to increase the amount of food produced.

Heifer families can move from poverty to self-reliance by starting small dairies that earn money for food, health care and education. That's a gift worth giving!



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



Shopna Khatun holds one of her family's goats in Bangladesh. The gift of a goat helped lift her family out of poverty.

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

Help end hunger by giving a Milk Menagerie. It includes four milk-producing animals: two goats, a water buffalo and a heifer—and training in their care.

You'll give families a steady supply of nourishing milk. Extra milk can be sold so they can buy health care and education for their children.

And as families Pass on the Gift to others in need, your gift will be multiplied to provide a better life for entire communities.

Sharing and Shearing with Sheep



Heifer ensured Marta Silvia Mendoza Valazco and her daughter, Isis, in Mexico have the skills they need to be successful.

Warm the heart of someone special this holiday season with the gift of a sheep and training in its care. You'll provide a struggling family with the help they need to lift themselves out of poverty.

Warm in winter, cool in summer, and waterproof, wool helps parents clothe their children and keep them warm in cold months. It also gives them a product they can sell at market for valuable, extra income. Heifer International families raise sheep to improve their lives and futures.

And since sheep often give birth to twins or triplets, your gift today of a Heifer sheep will have a huge impact on even more families for years to come.



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

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

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

Our Knitter's Gift Basket provides a llama, an alpaca, a sheep and an angora rabbit to a family, along with animal care training.

Sweaters and scarves from the wool will keep families warm and milk will nourish them. Also, the sale of clothing and blankets will provide income.

Your gift will create a real opportunity for people in need to fashion a better future.

Water Buffalo Brighten the Future

You can give a family on the other side of the world a more prosperous tomorrow with the gift of a water buffalo. Water buffalo are used for plowing and transportation by families in Asia. These gentle giants allow farmers to plant four times as many crops as by hand. Not only are water buffalo sturdy work animals, but they also provide rich milk to make cheese and nourish hungry children, while producing manure for fertilizer and fuel.

Your gift of a water buffalo and training in its care can help a family desperate to escape poverty and give them a brighter future.



Gift of Water Buffalo \$250
Share of Water Buffalo \$25



A gift from Heifer helped Ganga Thapa's family have the resources to recover from an earthquake in Nepal.

Show your Love with Llamas and Alpacas

Hard-pressed to find that special gift for the person who has it all? How about something totally different? Give the gift of a llama or alpaca and training in their care.

Llamas and alpacas provide families in need with wool, prized for making blankets, ponchos, carpets and rope. They also serve as pack animals and their extra wool can be sold for income.

What's more, pasture land high in the Andes is scarce and vegetation fragile. But with their padded feet, llamas and alpacas leave little impact on the environment—and their manure fertilizes the soil.



Gift of a Llama or Alpaca \$150
Share of a Llama or Alpaca \$20

Inés Cayambe's alpaca is the foundation of her dignified and self-reliant future in Ecuador.

Joy to the World Gift Basket
\$1,500

Share of a Joy to the World Gift Basket
\$150

As you bundle up this holiday season, think about giving the gift of Joy to the World to a family in need. This bountiful gift provides families with two sheep, four goats, one heifer and two llamas. The animals provide much-needed food and milk, wool for blankets and clothing, and rich fertilizer for their crops.

Your gift gives hungry families nourishment and empowers them to become self-sufficient—all while promoting positive growth in their communities for generations to come.

Treat Them to Trees and Save the Environment

This time of year, we should all take a minute to thank donors who have given trees and the environmental benefits they offer. Heifer recognizes the essential part trees play in sustaining life on Earth.

That's why, along with animals, you can help supply families in need with many varieties of trees and saplings that bring new life to communities.

This holiday season, remember to give trees to your loved ones who are dedicated to protecting the environment.



Fredy Sanchez holds a few of his family's coffee plants in Honduras.



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

Chicks Bring Christmas Cheer



Lezman Mateo Mejia's family's income and health improved after Heifer arrived with chickens and training in their care.

Wondering what to buy your child's favorite teacher this year? A flock of chicks is a unique, meaningful way of saying "thank you" for inspiring your own "chickadee" during the school year. Your gift of chicks helps a hungry family turn their lives around by enriching their diet with nourishing eggs—a life-saving gift for a starving child.

Chickens need very little space. So families with small plots of land can welcome them and plant bountiful crops. Chickens also help farm production by eating insects, removing weeds and fertilizing soil.

A single hen can lay more than 200 eggs a year. And when families sell these eggs and poultry at market, they earn life-changing income that enables them to afford medicine and clothing so they can keep their children healthy and warm.



Flock of Chicks \$20

Hope Basket \$50

What could be better than giving a gift that brings hope to struggling farmers who are desperate to find their way out of poverty?

Your gift of a Heifer Hope Basket includes **rabbits** and a starter flock of **chickens**. This provides eggs and protein for nourishment, and boosts income through sales of extra eggs and offspring.

These animals reproduce often, so families will quickly be able to Pass on the Gift. This multiplies the impact you've made, and the hopes and dreams of even more families can become a reality.

Pigs Make Perfect Presents

Looking for that perfect gift for a friend, family member or co-worker? Here's an idea that will have them squealing with delight. It's the gift of a pig and training in its care.

Pigs need little space and can thrive on food and garden scraps.

And since an average sow can produce up to 16 piglets a year, your kindness will quickly benefit more families as they Pass on the Gift to their neighbors.

It's the gift that keeps on giving.



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

Because pigs can have as many as 16 piglets in a litter, the impact of your gift will quickly grow and help people like Rosilyn Flores in the Philippines.

Bee Sweet: Give the Gift of Honeybees

May we suggest surprising your friends, family and co-workers with the latest Christmas buzz? It's the gift of honeybees to help a family in need!

Your gift will help provide a family with bees, a box and hive, plus training in beekeeping. Because bees will pollinate the crops on a family's farm, a healthy beehive can double fruit and vegetable yields. And income from the sale of honey, wax and pollen can be put toward food, clothing, medicine and education.

That's why the gift of honeybees from Heifer is the perfect way to sweeten up your holiday season.



Gift of Honeybees \$30



Gaspar loves the opportunities Heifer has provided for his community. "It's not just me that is receiving these benefits, it is all of the members of the co-op, and they are as thankful as I am."



Keny Yamileth Xol Sub has learned to fish in the family's pond. Now when she's hungry she has fish to eat.

Still Fishing for that Final Gift?

Your gift of fish fingerlings and training in fish farming techniques will transform the lives of families in the impoverished communities where Heifer works. Families that receive schools of fingerlings see an increase in health, thanks to the protein, and income, since fish are easy to sell.



Three Schools of Fish \$300
Share of Fish \$30

And when farmers Pass on the Gift of fingerlings to others in their community, the impact of your support goes even further. Now that's something to celebrate!

Flock of Hope \$60

The Gift of Heifer's Flock of Hope provides nutritious eggs and new opportunities for a family in need.

Your gift will provide **chicks, ducklings** and/or **goslings** that will grow and multiply quickly. Soon, a lucky family will be able to Pass on the Gift, and a struggling community will thrive.

Help Transform the World



Aysha Begum and her daughter, Sumaiya Khatun, in Bangladesh has a steady source of nutrition thanks to the support of Heifer donors.

Gift of Transformation
\$10,000
Share of Transformation \$100

Your Gift of Transformation helps farmers flourish around the world. Thanks to generous donors like you, one gift multiplies into many for an entire community. Your donation gives farmers resources to get started and stay successful by:

- Teaching them to farm more efficiently
- Helping farmers find markets for a steady source of income
- Connecting them to other farmers for support

You can help give hard-working, small-scale farmers the network of support they need, which will provide them with the skills to thrive and grow. In turn, they will Pass on the Gift to their neighbors and together they will lift themselves out of poverty. You will give an entire community the chance to rise up and thrive! This will change lives and help end hunger throughout the world.

"... Heifer International has provided needy families around the world with livestock ranging from water buffalo to bees as a stepping stone to self-sufficiency ... the simplicity of its approach and its track record appeal to many ..."

— The New York Times

Biogas Stoves for a Village

\$1,000

Gift of a Biogas Stove \$50

In most villages where Heifer works, a family must gather firewood stick by stick simply to cook a meal. This grueling effort can rob the environment of trees, keep kids out of school as they perform this task, and cause all sorts of health issues from breathing in the smoke.

But, when a family gets a biogas stove, their lives change. The stove burns cleanly, reliably and efficiently, because it runs off methane gas captured from animal waste. It's better for the environment, more sustainable, and much healthier.

Your Gift of a Biogas Stove can help one family. Or show how much you care by transforming an entire village by giving 20 stoves!

Gift of Clean Water

\$300

Millions of people don't have access to clean drinking water around the world. It can be scarce, or extremely polluted and unsafe.

Your gift will help families install treadle pumps for access to clean water. This will dramatically improve their health with proper sanitation, as well as teach them about water conservation.

8 Great Stocking Stuffers

Santa visits children all around the world and knows that many children are in desperate need of more than just toys and games. That's why these stocking stuffers provide less fortunate children with lifesaving nutrition and offer unique opportunities to teach your little ones about the true meaning of Christmas.

Goats help families in some of the world's poorest places.



*Vishnu Pariyar,
Nepal*



**Share of
a Goat
\$10**

Duck eggs help build a healthy diet for families all around the world.



*Vo Minh Tri,
Vietnam*



**Flock of
Ducks
\$20**

These fluffy chicks will soon grow to provide the daily gift of eggs.



*Carla Grisel Rivera
Rodriguez, Honduras*



**Flock of
Chicks
\$20**

Heifer shares are popular. They give a family milk for years to come.



*Elmer Rebita III,
Philippines*



**Share of
Heifer
\$50**

The gift of tree seedlings will soon grow into a source of income.



*Marcelina Bautista,
Honduras*



**Tree
Seedlings
\$60**

When families sell goose eggs and offspring, they can pay for clothes and school.



*Thuy Dang,
Vietnam*



**Flock of
Geese
\$20**

Sweeten Christmas morning with a gift of bees that will provide delicious honey.



*Sergio and Matias
Lemos, Honduras*



**Honey
Bees
\$30**

Rabbits multiply quickly, so a family can soon Pass on the Gift!



*Aaron Menugbor,
Ghana*



**Trio of
Rabbits
\$60**

Empower Women Around the World

Aquicklinah Njivah described herself as the “poorest woman in the world.” She, her husband and three children lived in an 8-foot-wide hut in Zimbabwe. “I felt like a prisoner,” she says. “I had no work.”

She admits to feeling discouraged and embarrassed because she had nothing. “We didn’t have blankets for the winter, so my children got the flu,” Aquicklinah adds.

Then, thanks to friends like you, Aquicklinah received two heifers. Today she has five cattle, three pigs, and 35 chickens, and cattle manure fertilizer has improved her crop yield. Before, Aquicklinah could barely feed her family. Now she is a civic leader who gives back to her community. Since Passing on the Gift, she’s helped feed orphans and given children the chance to go to school.

Aquicklinah shows that with the right support, women can help entire communities thrive. Your Gift of Women’s Empowerment will provide women with resources, training and opportunity. Because when women encourage one another, we all benefit.

Gift of Women’s Empowerment
\$25,000



Aquicklinah Njivah holds her daughter, Makananaka. The manure from the cows she received from Heifer helped her crops and now she sells vegetables to the local school for income.



Hasina Begum helps her daughter, Shopna Khatun, do her homework in Bangladesh. Friends like you give girls the opportunity to go to school instead of staying home to work.

Send a Girl to School
\$275

Send a Girl to School

Your gift of livestock and the training to care for it makes it possible for families to send their girls to school instead of keeping them home to work. The income the animals provide helps pay for school fees and supplies.

If they had the same access to resources as men, women could reduce the number of hungry people in the world by up to 17 percent. Through Heifer International, women and girls learn self-reliance. They have shown that they can provide for their families, earn income, and start their own business. Women are supporting their families and each other, and earning a new level of respect.

With your help, girls can reach their full potential. Change a woman’s life, and she will transform her entire community.

Changing the World Two-by-Two

**Gift Ark
\$5,000**



Your generous Gift Ark donation will go right to work, helping lift families out of poverty around the world. Your gift will provide an ark full of animals. Families will use them for work, to provide food and to sell. Goats will provide milk in Zimbabwe, oxen will pull plows in Uganda, pigs will help farmers in Cambodia grow their income, llamas will provide wool in Ecuador, rabbits will provide food in Haiti. And your gift will also improve the lives of families for generations by multiplying and Passing on the Gift.

**Irrigation
Pumps
\$150**



Vieng Veng uses an irrigation system to water his family's vegetable garden in Cambodia.

Poor families around the world struggle to obtain running water—a basic necessity we can take for granted. With your gift, irrigation pumps will give farmers the water they need and expand the crops they can grow. An irrigation pump from Heifer helps families save money, and women and children can go to school instead of fetching water by hand.

Heifer International's mission is to end hunger and poverty while caring for the Earth. For more than 70 years, Heifer International has provided livestock and environmentally sound agricultural training to improve the lives of those who struggle daily for reliable sources of food and income. Heifer is currently working in more than 25 countries, including the United States, to help families and communities become self-reliant.

To help the greatest number of families move toward self-reliance, Heifer does not use its limited resources to track individual animals from donation to distribution to specific families. Instead, your gift supports the entire Heifer mission. We use your gift where it can do the most good by combining it with the gifts of others to help transform entire communities. Heifer's unique community development model has assisted directly and indirectly more than 31 million families since 1944. In fiscal year 2016, more than 3.6 million families were assisted within the four program areas in which Heifer operates.

Dollars and Scents

Vetiver is essential to perfume and cosmetic industries, but farming the roots of this sought-after grass is by no means glamorous. Heifer Haiti is supporting vetiver farmers through both the challenges of depending on a crop harvested only once a year and the difficulties of living in a disaster-prone part of the world.

By **Jason Woods**, *World Ark* senior editor

Photos by **Lacey West**



Bernard Thelemaque shows freshly harvested vetiver roots.



A field of ready-to-harvest vetiver grass in Favette, Haiti.





Thelemaque uses a pickaxe to pull the vetiver roots out of the ground.



Vetiver roots set out to dry in Favette.



Surrounded by damage from Hurricane Matthew, farmers walk along the road in Favette.

At the top of the denuded hills that mark the community of Favette, Bernard Thelemaque toils in a field of wispy grass that grazes his knees. He's barefoot, and both his feet and hands are lightly stained from the white rocks that dot the coarse soil. Using a pickaxe, Thelemaque pries up a clump of the grass, known as vetiver, careful to preserve the roots.

Once unearthed, the roots disperse a distinct smell—one so chemically complex that scientists have not yet recreated it synthetically. Thelemaque shakes the dirt off the vetiver roots,

removes them with a machete and tosses them onto a pile. Later, they will be grouped into large bales and stored to dry. The grass is replanted, and the roots will slowly regrow.

The bales will be sold to a local distillery and then turned into an oil that is highly sought after in the global fragrance industry. Vetiver, which smells both earthy and sweet, is especially popular in scents made for men. It's a key ingredient in scented products that range from deodorants found in most drug stores to the most expensive perfume in the world, Clive Christian No. 1, which sells for more than \$2,100 an ounce.

Well more than half of all commercial vetiver comes

from around 30,000 small-scale farming families in southwestern Haiti. Two centuries of cutting down mountainside forests for fuel without replanting trees has degraded Haitian soil so much that most agriculture is unusually challenging. Vetiver, however, grows well in stressful conditions; in fact, it needs such an environment to produce its coveted oils.

Because vetiver thrives where other crops typically do not, farmers like Thelemaque and their families depend mostly or solely on the income they receive from harvesting the roots of the grass.

Thelemaque's neighbor, Beauvais Lemorin, started vetiver



Vetiver is a key ingredient in scented products that range from deodorants found in most drug stores to the most expensive perfume in the world, Clive Christian No. 1, which sells for more than \$2,100 an ounce.



Beauvais Lemorin stands in front of his home.

farming 10 years ago to help support his wife and six children. "I make more money with vetiver than other crops," he said. One vetiver harvest earns him 15,000 gourdes (\$237), while a year of corn harvests only gets him 2,500 gourdes (\$40). "Sometimes with the corn, I might not have anything, if there's no rain," Lemorin said.

Although vetiver is a more reliable crop and nets significantly more money, the problem is that, once harvested, the grass needs a year to 18 months to properly regrow its roots. That leaves families in a particularly difficult situation. If they wait at least a year to harvest, a difficult economic situation becomes even tougher.

But if the farmers harvest too soon, both the quantity and quality of the vetiver will suffer, hurting the price of the crop significantly.

JOINING FORCES

There's a popular phrase in Haitian creole, "tèt kolé," which roughly translates to "heads together." It's an expression of unity, of working communally to get things done.

In the same spirit, International Flavors & Fragrances (IFF) approached Heifer International with an idea. One of IFF's business endeavors is buying vetiver oil from distilleries in Haiti, then either selling it directly or using it to help develop scents for the fragrance industry. IFF wanted

Vetiver? I hardly know her!

GETTING TO THE ROOTS OF THE FRAGRANT GRASS

Vetiver is a tropical grass originally from India. It forms in clumps of about a foot in diameter and can grow as high as 5 feet. Vetiver roots can grow nearly 10 feet into the soil.

Vetiver is used in around 20 percent of men's fragrances.

Vetiver was originally grown in Haiti in the 1940s for its deep roots, which serve as an anchor in the dry soil of erosion-prone hillsides in the southwest.

Half an ounce of vetiver essential oil bought commercially generally costs \$8 to \$10.

In Haiti, the grass of the vetiver plant is sometimes used for roofs of houses, to fill mattresses or to be woven into hats.

It takes about 200 pounds of vetiver roots to distill one pound of oil.

According to the publication *Cosmetics*, "Perfumers refer to the scent as sweet, very heavy, root-like and balsamic, reminiscent of dark roots or wet soil with undertones of violet, orris and woody accords."



Judeline Lemorin, 19, washes clothes outside her home.



Livenie Lemorin, 14, cuts fallen trees to use for firewood.



Livenie Lemorin makes a fire to cook food for her family.



The majority of homes were severely damaged or destroyed after Hurricane Matthew in October 2016.



Lemorin, his family, a couple of neighbors and two goats spent more than a day riding out Hurricane Matthew on this porch.

to address the issues facing the vetiver farmers they work with. So they asked Heifer to carry out a project with a vetiver-growing community in southwest Haiti to both improve the lives of the farmers and produce a better-quality vetiver oil.

Officially launched on July 25, 2016, Vetiver Together is a two-year pilot program that addresses three main areas: food security, women's empowerment

and reforestation. The project is partially funded by the Enhancing Livelihoods Fund, which is a consortium of Unilever, which buys its vetiver from IFF, as well as Oxfam Great Britain and the Ford Foundation. The project provides farming families with alternate sources of income so they aren't entirely dependent on money from vetiver.

"Income diversification, food security and women's

empowerment are a hallmark of strong communities," said Alexandra Kraus, IFF's responsible sourcing manager. "Vetiver Together is working to accomplish all of these things, and in the process is touching the lives of each farmer and their families in this community."

In late September 2016, goats, chickens, turkeys and seeds were given to 75 vetiver farming families. The farmers also received



important training in crop and livestock production (for food and sale), soil conservation and improved nutrition.

But only three weeks after the animal placement, Hurricane Matthew, a Category 4 storm, hit Haiti's southwest, leaving the communities there in disarray.

A DEVASTATING SETBACK

"It started on Monday at about 10 p.m.," Lemorin said. By midnight,

his house had been so badly damaged by the winds that he and his wife and six children had to go outside. They huddled on the front porch, which was no longer protected by a sheet metal roof. Lemorin gathered the family's two goats to keep them safe, and a couple of neighbors joined them as well, making 11 people and two animals squeezed into a tight but uncovered space as the rain poured down.

"We stayed there until Wednesday," he said, "but then we couldn't stay there anymore because there was too much rain, and the roof was gone. So we stayed under a fallen tree, which gave better protection."

Two Heifer project participants died during Hurricane Matthew. Throughout the community of Favette, the vast majority of homes were badly damaged or destroyed. "After the hurricane, we had nothing," Lemorin said.

Thelemaque's house was also badly damaged. Additionally, he lost seven goats, his chickens, a turkey, his garden, and his

coconut and plantain trees. Like most people in the community, he hasn't started to rebuild his home yet because he doesn't have the money, although he did help reroof his mother's house. Thelemaque estimates it would cost about 125,000 gourdes (almost \$2,000) to rebuild his own home.

"Only God knows when I'll be able to rebuild," he said. "But Paris wasn't built in one day."

Although losses caused by the hurricane were significant, 62 percent of the livestock donated through the project survived. That rate is higher than communities where Heifer Haiti is not working. The difference is likely due to improved animal shelters and trainings on animal management and disaster preparedness.

In the aftermath of the hurricane, Heifer Haiti distributed aid in the form of ready-to-eat food kits, sanitary kits, hot meals for people in shelters and veterinary care. The kits were donated by several organizations, including IFF.

For the long term, Heifer



Beauvais Lemorin holds a turkey donated by Heifer Haiti.



Diamendy Elise, 8, stands by one of his family's goats.



Ed Lemorin (8, left), Kitia Lemorin (11, right) and their family received chickens from Heifer Haiti.

Haiti and its partners are continuing to help farmers like Lemorin and Thelemaque find sustainable ways to earn a living through agriculture and livestock, in addition to farming vetiver. The project is growing, and in April 2017, an additional 75 vetiver farming families received animals and seeds.

REBUILDING STRONGER

The effect of Hurricane Matthew is still visibly evident in Favette, but there is hope that the

community will be stronger than it was before the hurricane. In addition to rebuilding homes, Heifer Haiti and the farmers are turning Favette's damaged vetiver depot into a multi-functional community center.

In March 2014, representatives from a local vetiver distillery, at the request of IFF, helped form COPVEVA, or the Cooperative of Vetiver Producers of Port Salut and Arniquet (the two communes Favette straddles). Co-op members get low-interest



Storage facility for COPVEVA, the vetiver cooperative in Favette. Heifer Haiti and its partners have plans to turn the facility into a more robust center.



Joseph Renel Raymond carries dried vetiver roots to the cooperative's storage facility.



Dennis Bernard uses a motorbike to transport vetiver roots to co-op storage.

loans and technical support from the distillery, UNIKODE, and in return, UNIKODE benefits from buying vetiver that is consistent in quality and quantity.

"We started with 10 people," said Kettly Joseph, who is a part of COPVEVA's survey committee, the main governing body of the organization. "Now we have more than 100 people."

The co-op's nexus and meeting space has always been its storage facility, where bales of vetiver roots are piled to dry

until UNIKODE comes to pick them up. The wood and chicken wire structure suffered damage during the hurricane, including losing the roof completely.

In July, Heifer Haiti, IFF and its partners, and cosmetics company Aveda started to transform the depot into something even more beneficial for vetiver farmers in Favette. The center will have several rooms so it can house offices and host trainings, functioning as a community gathering

place. It will be earthquake- and flood-resistant, so members of the community can take shelter there. Compostable toilets will also be installed for public use.

Vetiver farmers in Favette will soon be able to start selling animals to further supplement their income and fund rebuilding homes. And a Passing on the Gift ceremony is scheduled for early 2018 so that more families nearby can benefit from livestock.

"Step by step, Heifer can change our life," Lemorin said. ■



A Celebration in Cabaret

In our Spring 2016 issue, we shared the story of the community of Cabaret in northwestern Haiti. There, Lake Verger, once a 25-acre lake, dried up completely in 2013, leaving the locals with no source of water close by. Members of the Farmers Association of Cabaret requested Heifer Haiti help with reviving the lake.

The Heifer Haiti team commissioned a study to examine if the project would be possible. Once it was deemed feasible, hired workers and community members went to work with tractors and a bulldozer.

Workers who weren't local were housed and fed by the community.

In March 2017, nearly everyone in Cabaret celebrated the inauguration of the new Lake Verger with a parade complete with a brass band. The lake was also stocked with 5,000 fish.

"I'm very happy because now I can take my animals to the lake," said Nocles Jean Baptiste, who farms land near the replenished water source. "I was going pretty far away. I would wake up at 4:00 in the morning and not get back until 9:00 in the morning." She plans to irrigate crops with water from the lake in the future.

On the same day, the Farmers Association also inaugurated a grist mill donated by Heifer Haiti. Before the mill was built, farmers would hand-grind their grain for hours to get a sack of cornmeal or other flour. The mill does the same job in five minutes.

"The mill is very important for the community for many reasons," said Paul Elise, president of the Farmers Association of Cabaret. "It makes it easier for families to get food, because most of them produce cereals. It allows people to transform the grain quickly to have revenue." ■

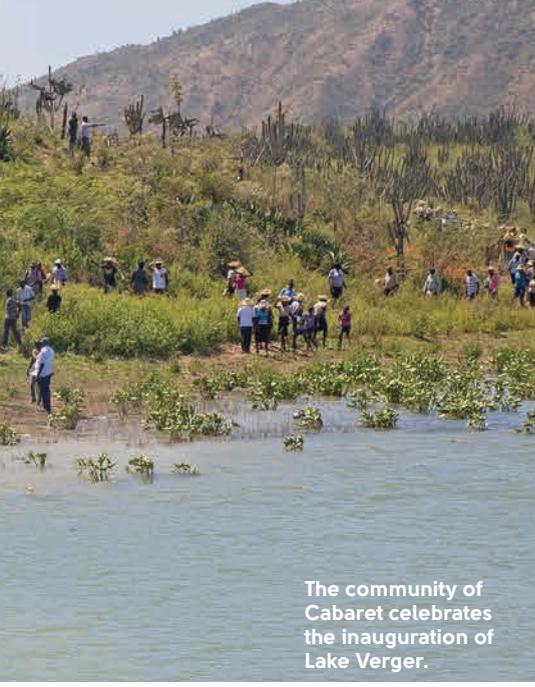


Members of the Farmers Association listen to speeches from local leaders before visiting the lake.



A brass band provided music for the inauguration.





The community of Cabaret celebrates the inauguration of Lake Verger.



Before: In 2013, Lake Verger dried up completely. Farmers in the area requested support from Heifer in reviving the lake.



Heifer Haiti Director Hervil Cherubin examines a bag of fish before releasing them into Lake Verger.



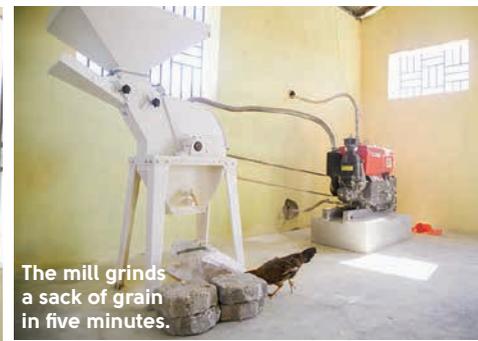
After: By March 2017, Lake Verger was renewed and filled with fish.



A new grist mill will support eight communities around Cabaret.



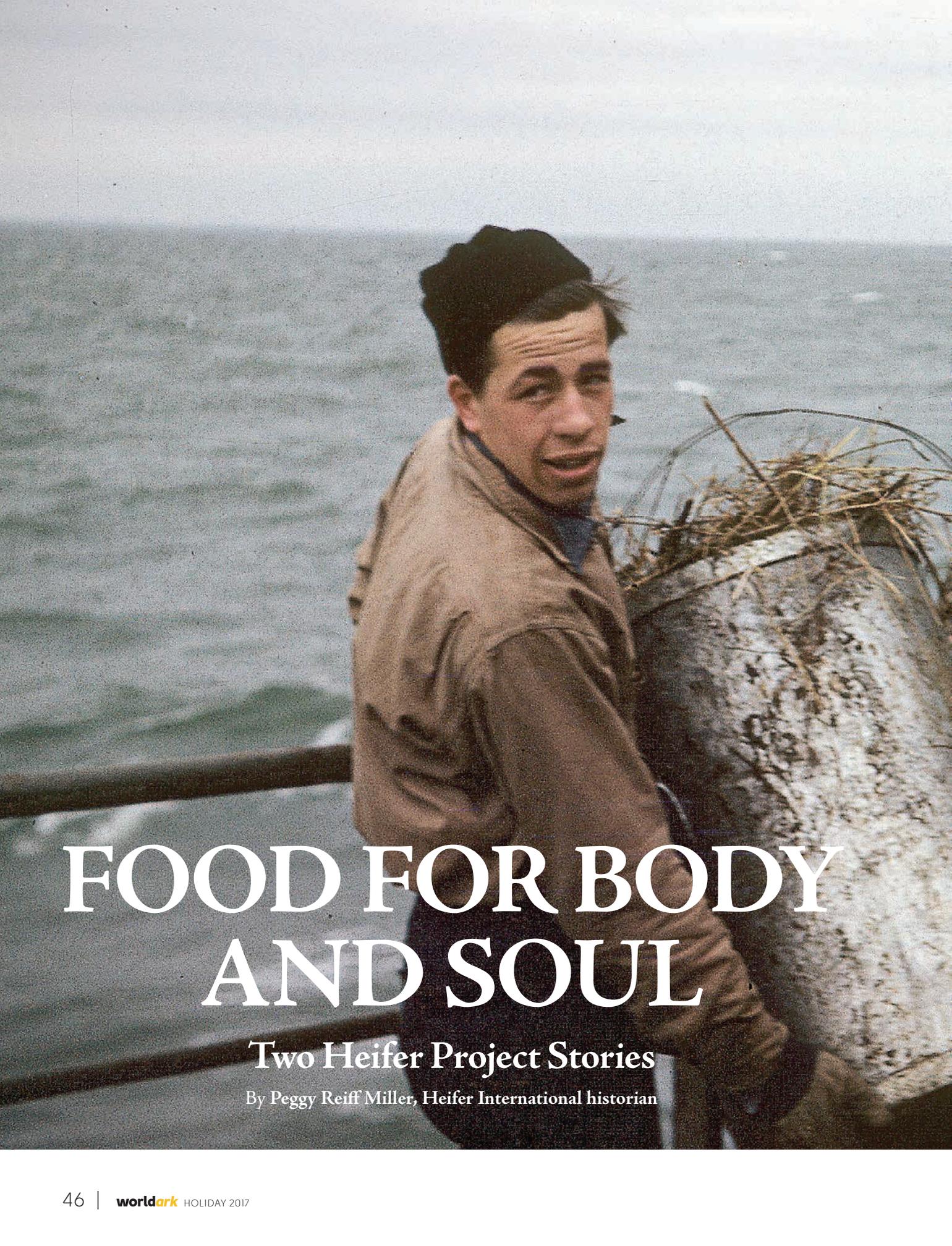
A Cabaret farmer demonstrates how to use the mill.



The mill grinds a sack of grain in five minutes.



Corn, before and after using the grist mill.



FOOD FOR BODY AND SOUL

Two Heifer Project Stories

By Peggy Reiff Miller, Heifer International historian



Heifer's seagoing cowboys delivered boatloads of livestock to Germany in the aftermath of World War II. The animals were a source of nutrition in a country literally starving among the ruins of battle. They were also seeds for reconciliation and rebuilding. Now, a museum exhibition and a new book are celebrating Heifer's contribution toward Germany's resilience.

Russell Hartzler, a Michigan farmer and donor to what was then called The Heifer Project, received a letter from Germany in October 1949. A cow the Hartzler family donated had weathered an ocean journey and was in its new home, and the new owners wanted to offer thanks.

Dear Mr. Hartzler,

First I want to give my hearty thanks for the joy you gave us with your gift. I would like to introduce myself briefly. I'm a refugee from Yugoslavia, and my background is from the farm. We had at home a farm with 40 hectares of very good soil, which we had through five generations as our own. Then came the war, and the terrible time after the war. . . . What it means to leave house, farm and animals to which you felt so very close, is hard to say. . . .

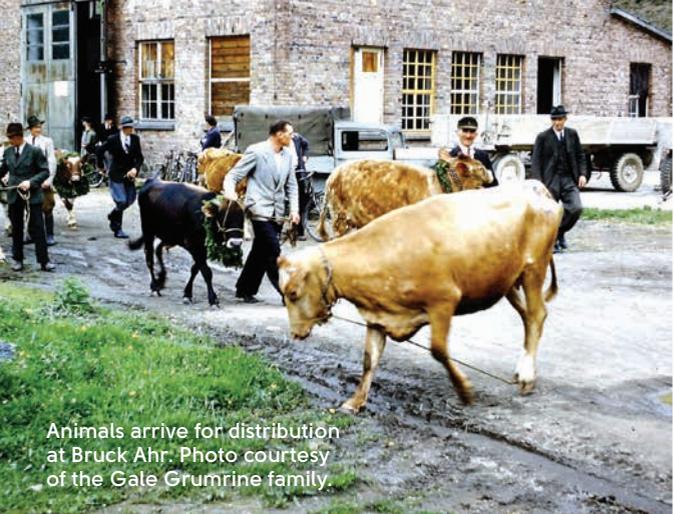
I brought one horse along from my old home in Yugoslavia and so I started on a very small farm again with just 2 hectares of very sandy bad soil. I sowed and worked a lot on the soil but the harvest was very small, so that I had to work besides the farm work in a furniture factory. . . .

My dear Mr. Hartzler, it surely takes lots of love to give a cow away, but you hardly know and I can't express what a great joy you gave to my whole family. It's hard to say what it means, after 5 years, to have a cow in the barn again. . . .

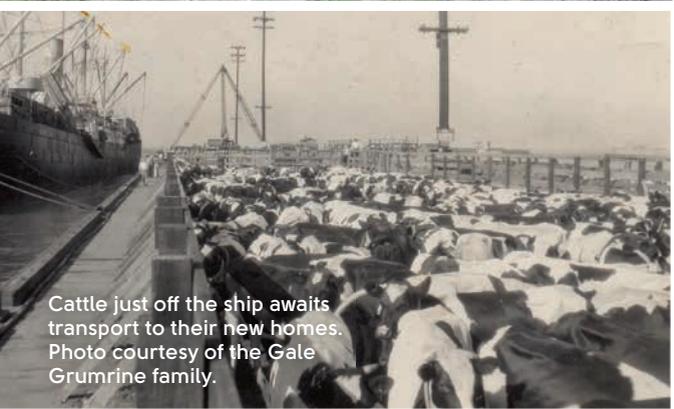
There came many packages from the U.S., and always my daughter asked: "Daddy, don't we have any relatives there, so that they could send us a package also?" I just could comfort her with the words: "Don't worry. God will carry us through the need." And now look — an unknown human being gave us through God's blessing not a little package, no, he gave us a life to help us out of the deep need. It isn't only the material value alone; it meant so much more to us. We received more courage for living.

*With many hearty greetings,
Your family,
Jakob Renner*

Keeping stalls clean was a never-ending job for the seagoing cowboys. Photo courtesy of Timothy Thut



Animals arrive for distribution at Bruck Ahr. Photo courtesy of the Gale Grumrine family.



Cattle just off the ship awaits transport to their new homes. Photo courtesy of the Gale Grumrine family.



Heifers wait on the docks in Newport News, Virginia, before their trip to Germany. Photo courtesy of Lyle Chambers.

“It surely takes lots of love to give a cow away, but you hardly know and I can’t express what a great joy you gave to my whole family.” German farmer Jakob Renner

Renner’s letter is just one of many sent by grateful families struggling to regain their livelihoods after the war. Heifer Project representatives worked closely with German government offices to deliver gifts of more than 4,000 heifers and bulls from 1949 to 1961.

Traveling through Germany today, one would have little clue as to the hardships faced by this leading economic power following World War II. The war, however, left many of the country’s cities in rubble with food in short supply, as it was all over Europe. In Germany, this shortage was compounded by the fact that the country had to absorb some 12 million people of German heritage expelled from Eastern European countries, like the Upper Silesians who came to North Rhine-Westfalia.

For more than a decade, refugees poured into Germany with little more than the clothes on their backs. The government created settlement areas in forests damaged by the war, moors that

were drained, abandoned military bases. The poor soil of these areas heightened the despair of settlers who had been forced to abandon prosperous farms. It was to the plight of these farmers that the Heifer Project responded.

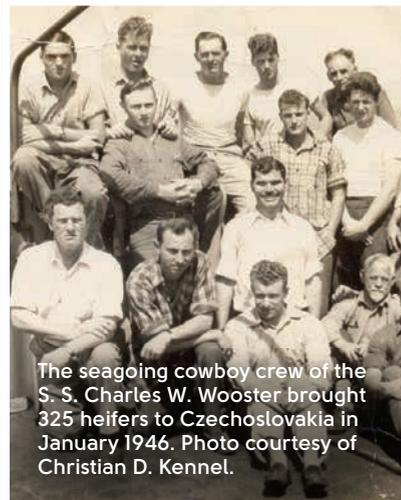
Heifer was one of many organizations approved by the German government to lend assistance. Recipients signed an agreement form pledging to pass on the first female offspring of their heifer to another family in need.

Heifer representatives made follow-up visits to recipients and encouraged them to write thank you letters to their donors, resulting in some long-term friendships.

It seems fair to say that Heifer International played a significant role in helping Germany get on her feet again after the war and, along with programs like the Marshall Plan, in helping build the good will that has existed between our two nations for decades.



German children learn about the seagoing cowboys. Photo courtesy of Oberschlesisches Landesmuseum.



The seagoing cowboy crew of the S. S. Charles W. Wooster brought 325 heifers to Czechoslovakia in January 1946. Photo courtesy of Christian D. Kennel.



The Oberschlesisches Landesmuseum in Ratingen, Germany, displayed an exhibit featuring Heifer's work after World War II. Photo by Peggy Reiff Miller.

Some of Heifer's contributions toward rebuilding went on display last year as part of "For Body and Soul," a 14-month exhibit in Ratingen, Germany. The museum is the Oberschlesisches Landesmuseum (Upper Silesian State Museum), off the beaten tourist path in the northwestern German state of North Rhine-WestafLIA. Gathered therein is the history of the Upper Silesian people, a people from miles away with a strong tie to this industrial region. Today, the area of Upper Silesia overlays a small piece of northern Czech Republic and a larger piece of southern Poland.

When King Frederick the Great took control of Silesia for Prussia in the 1700s, he invited coal miners from North Rhine-WestafLIA to come and help develop the rich mineral resources of Silesia. So when Silesians of German heritage were forced

from their homes following World War II, it was to North Rhine-WestafLIA that many of them fled, and where many of them were able to rebuild their livelihoods with Heifer's help.

In recent decades, many of the Upper Silesians began to pool together documents and artifacts of their history, and many of those pieces were included in the Upper Silesian State Museum exhibit. Walking through the museum, one discovers a people with strong family ties and a culture and creativity all their own: a people from a land where iron ore is crafted into filigree jewelry and coal is carved into jet black works of art; where the honeycomb frame for beehives was invented, as was the process for making sugar out of beets; where the cultivation, preservation and preparation of food has been and continues to be a central part of the culture.

As curators pieced together the exhibit, they reached out to get more information about Heifer's contribution to rebuilding Upper Silesia.

"One of the topics will be strategies of providing nourishment in times of shortage and crisis throughout the history," museum educator Eliska Hegenscheidt-Nozdrovicka explained. "In this context, we would like to introduce the issue of the seagoing cowboys and the Heifer Project in Silesia and Poland in 1945-1947."

"When we received the information from Ms. Miller we were quite fascinated with the unique concept of this hunger relief project. Donating livestock and thus helping people help themselves as well as the adventurous logistics of transportation were some of the factors why we chose it as an example of a postwar private hunger relief initiative in Silesia," Hegenscheidt-Nozdrovicka said.

The devastation of World War II had significantly diminished the ability of the Upper Silesian and Polish

people to feed themselves. Into that void stepped UNRRA with shipments of draft horses and cattle, as well as staple relief items. Seven of those shipments included Heifer Project animals. The exhibit highlighted these shipments to Czechoslovakia and Poland and the seagoing cowboys who delivered them.

"The rich selection of photographs and documents from Ms. Miller's and Heifer International's archive collections enabled us not only to show the transport procedure of the donated heifers and horses to Poland and Czechoslovakia. They stand for much more. These photographs witness ruined postwar Europe with bombed cities and hungry children; and they show optimism, faith, and goodwill of men and women in far-away America helping people they had never met," Hegenscheidt-Nozdrovicka said. "We wanted to relay an attitude of hope and new beginnings to prompt reflection on our times of plenty in comparison to the hardships in the past."

The Pages of History

A new book will soon fill readers in on Heifer Project assistance to Germany in the 1950s, a little-known and long-forgotten history on both sides of the ocean. Author Michael Ullrich of Bremen, Germany, set out with a list of recipients provided to him from the Heifer International archives, and he's been interviewing as many recipients as he can find.

"German privacy laws make this task a challenge," Ullrich said. "I've spent long hours searching phone books and cold-calling names that match addresses." Through his persistence, he found several dozen members of families who fondly remember their "Ami" cows and are happy to share their stories. The compilation of this history will be in ebook form and also available in print and English translation.

Through these stories and a German website, Heifer International will offer the German people the opportunity to pay forward the assistance once given them.

This thank-you letter included in the display reflects the significance of these Heifer Project gifts:

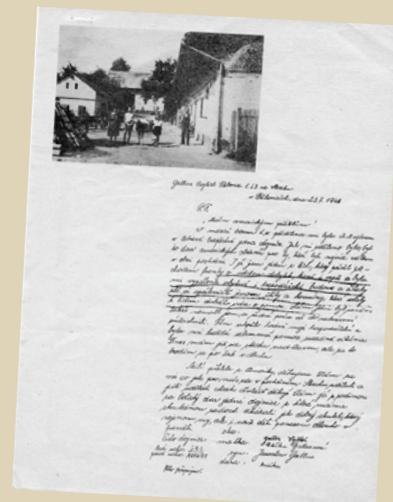
July 23, 1946

To our American friends,

In March, a cow was assigned to me free of charge by the Provincial National Committee in Ostrava. I was told this was a gift from American citizens for those in the village who were affected most by the war. I am one of those who lost all their cows, horses, and pigs during the German retreat from the war; all that remains of my burned house are bricks and chimneys calling goodhearted people for help. I myself was wounded and unable to do my share in rebuilding. My farming suffered, and the smallest help was most welcome. Today I have a roof over my head, but I am deep in debt.

Dear friends from America, we thank you for all you have done and still want to do for us in our war-torn Silesia. Especially, my family and I thank you for the rich gift of my only heifer, which brings us great joy. You have done a good deed that not only we, but also our children, will long hold in our memory.

From the Wojcich Gallus family of Trebovicem, Silesia





Buñuelos de Rodilla: Mexican Christmas Fritters

For Yesenia Reyes, a Heifer communication officer in Oaxaca, Mexico, Christmastime means indulging in these traditional fritters seasoned with anise and guava. The fritters are soaked with a syrup made from piloncillo, a minimally processed form of sugar that's made by allowing boiled cane juice to harden. You can find piloncillo, sold in cone shapes and sometimes called panela, in Latin American markets.

"This is the simplest way to make a treat that surely makes many Mexicans living outside of Mexico remember their grandmothers or moms preparing them during this time of the year," Reyes said. "If you have never prepared them, I invite you to try it. The dough is very easy to prepare and very manageable, and you can make it a day before and put it in the refrigerator. I sometimes freeze the dough days in advance and then let it thaw at room temperature the day I'm going to fry the fritters."

INGREDIENTS FOR 12 FRITTERS

2 cups all-purpose flour
1 teaspoon baking powder
1 tablespoon of sugar
1/2 teaspoon salt
1 egg
1 tablespoon butter (melted and cooled to room temperature)
3/4 cup warm water or anise tea*
1 teaspoon vanilla or orange extract
Approximately 2 cups vegetable oil to fry fritters
powdered sugar

* To make anise tea, place 1 1/2 cups of water in a small saucepan; Bring the water to boil, then add a few anise seeds. Remove from heat, let cool and strain.

INGREDIENTS FOR SYRUP

3 1/2 cups of water
1 large cone of piloncillo (about 12 ounces)
1 cinnamon stick
6 small Mexican guavas, quartered
1/3 teaspoon anise seeds
Peel from a quarter of an orange

DIRECTIONS FOR FRITTERS

- 1 In a large bowl mix the flour, baking powder, 1 tablespoon sugar and 1/2 teaspoon salt.
- 2 Form a hole in the center and add the egg, melted butter and vanilla. Stir until the mixture gives the appearance of bits of oats. Add water little by little (one tablespoon at a time) and knead (usually less than 5 minutes) until smooth. Cover the dough with a cloth and let stand for 30 minutes.
- 3 Divide the dough into 12 balls and cover with a kitchen napkin. Flour a work surface and rolling pin.
- 4 Place one of the dough balls on the floured work surface and spread with the roller. Flatten the dough balls into thin circles. It's okay to shape the dough for all 12 fritters before frying. Just space them out on a clean tablecloth.
- 5 Fry the fritters in very hot oil until golden and crisp. This step will only take a few seconds. Place the fritters on paper towels to absorb excess oil. Serve warm or at room temperature, sprinkled with sugar or piloncillo syrup.

DIRECTIONS FOR SYRUP

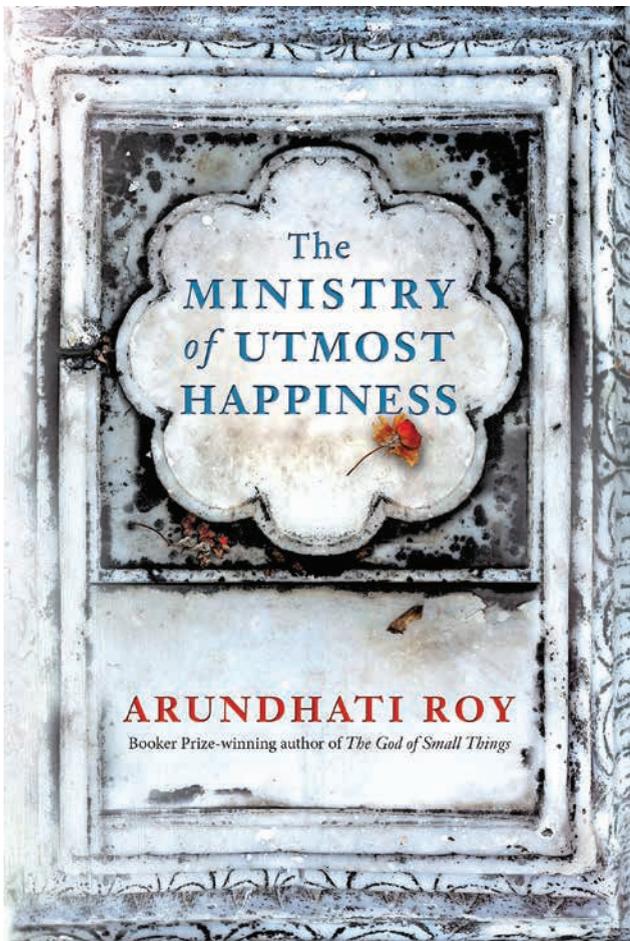
- 1 Place one cup of the water and the piloncillo in a medium pot over medium-high heat and stir constantly until the piloncillo dissolves.
- 2 Add the rest of the water, cinnamon, guava, anise and orange peel and bring to a boil. Simmer until you achieve the desired consistency, then strain. The syrup will keep refrigerated for up to a week.





Finding Truth in

Reviewed by Austin Bailey, *World Ark* managing editor



The Ministry of Utmost Happiness
By Arundhati Roy
Hardcover, \$28.95
444 pages

The moment the plane took off last December, I realized my 10 days in northern India wouldn't be nearly enough. No matter the train rides and relentless schedule that shuttled me from smog-choked Delhi to the jungles of Odisha to the Rajasthan desert. I flew out exhausted and exhilarated, sure, but still with only a glancing familiarity of the subcontinent.

This is not the first time a country visit left me flummoxed, but there's a trick for this. Books. A bookshop kiosk in the Indira Gandhi International Airport spilled over with titles for the confused traveler attempting to make sense of what just happened to her. I'd loaded my carry-on with a few titles on Indian culture and history.

This first stab at reading my way to understanding didn't work, though. The clinical distance of these academic books wouldn't gel with the India I'd just visited, a country bursting with color and culture, seemingly a thousand nations all jammed into one. Mughal emperors and the British East India Company and a thousand other echoes of history surely underpin what's happening in India today, but what does that mean for the man serving hot milk tea from a dusty roadside counter? How do thousands of years of history manifest for the veiled, illiterate goatherd women of Rajasthan or the opulent wedding parties celebrating with fireworks outside Delhi's glitzy high-rise hotels?

It was time for a novel approach, and the timing was good. Arundhati Roy, an Indian writer who won the Man Booker Prize in 1997 for her first novel, *The God of Small Things*,



Fiction

released her second novel in June 2017. *The Ministry of Utmost Happiness* came out to a panoply of mixed reviews, including one from *The Atlantic* that deemed it “a fascinating mess.” This may not sound like a selling point, but it was a siren song for me. “A fascinating mess” seemed an apt description of the gorgeous, crowded, diverse country I was still trying to figure out.

And it worked. Sometimes a novel captures the feel of a place far more clearly than nonfiction can. *The Ministry of Utmost Happiness* mirrors India’s clashing confusion of tradition and progress, Hindu and Muslim, wealth and poverty. Like those collages made up of tiny stand-alone images that, when you step back, show you a whole other, larger picture, Roy’s new book pastes characters and vignettes together into a cohesive (enough) whole.

Readers overwhelmed by the multiple characters and myriad storylines can’t say they weren’t warned. A quote that takes up the entire back of the dustjacket hints at the circus to be found inside: “How to tell a shattered story? By slowly becoming everybody. No. By slowly becoming everything.” Roy’s book seems purposefully mish-mashed to capture as big a picture as possible of the tensions in modern India. Some will say Roy’s ambitions were too high here, and the work suffered for it. Maybe so, but it’s still grand enough to have landed her on the Man Booker Prize longlist for 2017, along with other top-notch authors including Zadie Smith and Colson Whitehead.

Roy makes a valiant and mostly successful attempt to give her readers a broad view of her home

country as she sees it. In the 20 years between her first novel and her second, Roy kept writing, but stuck to non-fiction works about social issues like the caste system, Hindu-Muslim tensions and the challenges of capitalism. The characters in *The Ministry of Utmost Happiness* personify a full menu of India’s woes to such a degree that this novel could be a companion piece to Roy’s two decades of progressive journalism. In fact, anyone not fully up-to-date on Hindu nationalism and the push for Kashmiri independence would do well to brush up before cracking this novel, or to at least keep Wikipedia at the ready.

The book’s most colorful character is Anjum, a transgender woman who eschews the modern “transgender” label in favor of *hijra*, the traditional term for a person labeled as a male at birth but who lives as a female. Like so many of the characters in *The Ministry of Utmost Happiness*, Anjum embodies the tension between opposing forces inside India: man and woman, old and new, Hindu and Muslim. The political tensions Roy spent decades focused on in her journalism are personified in Anjum, and in other characters in the book.

Reading Roy’s new book didn’t clear my head about India so much as it helped me to feel better about being overwhelmed by it. The book also helped me pin down some of the dominant modern trends and divisions that shape lives in India today, even as centuries-old traditions and culture keep a strong hold. ■

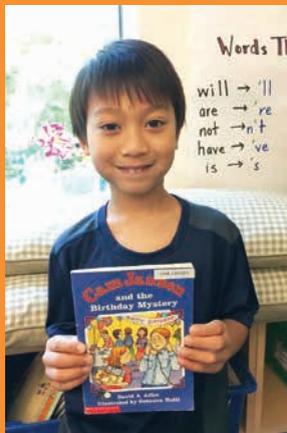
Sometimes a novel captures the feel of a place far more clearly than nonfiction can. *The Ministry of Utmost Happiness* mirrors India’s clashing confusion of tradition and progress, Hindu and Muslim, wealth and poverty.



READ TO FEED



Students at Atlanta's Lovett School flipped pages to feed families, and first-grader Jacob Ying loved it!



What is a book you enjoy reading? Why do you like it?
Harry Potter.
I like it because it has magic. Magic is cool because you can do anything.

What did you learn about how Heifer helps the families in their projects?
It gives them food and helps them do work.

How do you feel knowing that you helped change the world?
Happy!

What did you like most about participating in Read to Feed?
I got to meet John Claude Bemis, the author of *Flora and the Runaway Rooster*. He talked to us about Africa and I liked learning about the people and seeing all of his pictures.

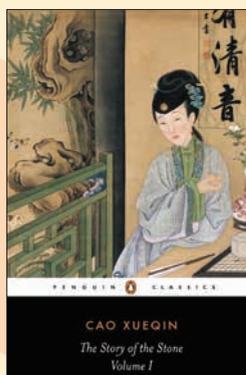
What would you tell other kids about why they should get involved with Read to Feed?
I would tell them that it helps the world. You can raise a lot of money by reading, and I like reading.

JACOB YING
1st grade, Lovett School
Atlanta, Georgia

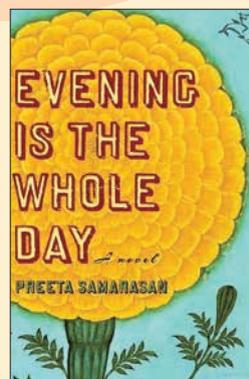
LEARN MORE AT READTOFEED.ORG

THREE FAVORITES ON: ASIAN CULTURE

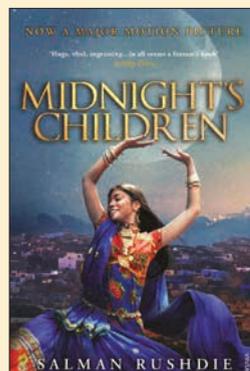
Novels can make foreign countries and unfamiliar lifestyles accessible and understandable to us in ways nonfiction can't. If a plane ticket is out of your price range, take a trip to the library instead.



The Story of the Stone
(China)
By Cao Xueqin



Evening is the Whole Day
(Malaysia)
By Preeta Samarasan



Midnight's Children
(India and Pakistan)
By Salman Rushdie



TEAM
HEIFER

WE'RE SAVING A PLACE FOR YOU!

When you join Team Heifer and fundraise, you not only get free entry to some of the nation's top races, you'll be helping to end hunger and poverty along the way.

Teams forming near you for:
ROCK 'N' ROLL
TOUGH MUDDER
NEXT RACE OF YOUR CHOICE

888.943.4337 | #TEAMHEIFER | TEAMHEIFER.ORG

EAT WITH CONFIDENCE THIS HOLIDAY SEASON.

Pasture-raised, GMO-free Thanksgiving turkeys shipped from our small-scale, sustainable farms right to your front door. We also offer gift boxes of grass-fed beef, forested pork and pastured chicken for your loved ones. This year, give the gift of better eating.

USE COUPON CODE GOBBLE10 TO SAVE 10 PERCENT ON YOUR THANKSGIVING TURKEY.

Visit grassrootscoop.com to place an order.

GRASS ROOTS
FARMERS' COOPERATIVE





From left to right: Stephen Ayertey Amiteye, Clementine Ayertey and Patience Gamah pose with one of their chickens.

“I did not see the importance at first. I thought playing with babies like that was time wasting. After I started, I noticed Clementine is becoming more active. So I became more involved.” Now, she said, “We love it!”

— Patience Gamah, 23

As part of the childhood nutrition project in Ghana, Stephen Ayertey Amiteye and Patience Gamah got childhood development training right alongside the business classes that have helped them build a successful poultry operation. They learned games to play with their daughter, Clementine, to teach her numbers, colors and motor skills. Making play a priority is new to the family, but after some initial skepticism they found it deeply rewarding.



A GIFT GUARANTEED TO BE WARMLY RECEIVED

The final weeks of the year offer a last opportunity to balance our income and determine our giving for the tax year. When you give a gift to a qualified nonprofit, you receive an income tax deduction. Even if your income is less this year than last, you may still consider offsetting it with a tax-deductible contribution.

This holiday season, your donation to Heifer will provide those in need around the world with training and gifts to lift their families out of poverty and into self-reliance.

Contact Heifer Foundation to learn more about ways to help families with a gift of dignity so they can celebrate better lives for years to come.

HEIFER FOUNDATION | 1 WORLD AVENUE, LITTLE ROCK, AR 72202
888.422.1161 | INFO@HEIFERFOUNDATION.ORG | HEIFERFOUNDATION.ORG



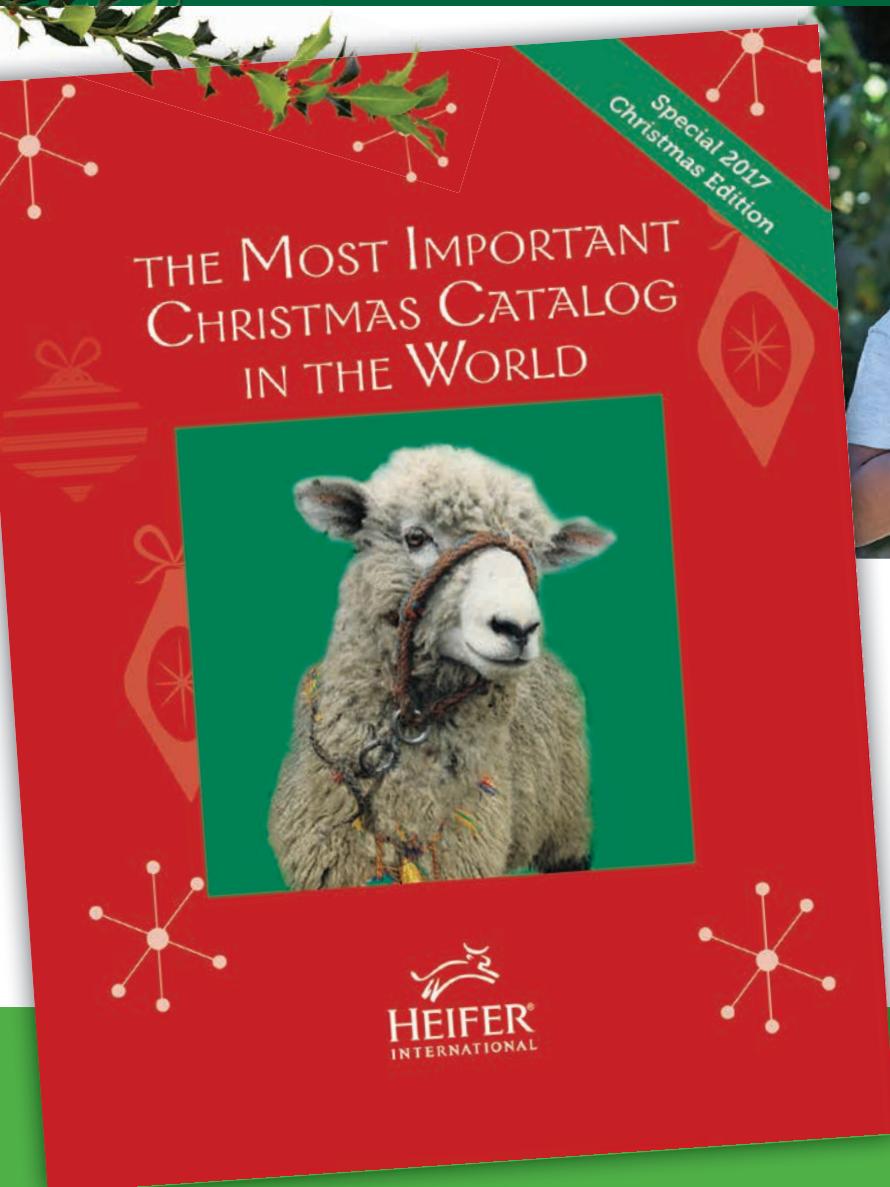


Please scan here to
donate livestock to a
struggling family.

 PRINTED ON RECYCLED PAPER

69.RPAH2017

Make the Holidays More Meaningful!



This holiday season, give a life-changing gift to Heifer International in honor of a friend or loved one. It's a gift that brings promise to hungry families and the opportunity for better lives. Giving a Heifer gift takes the stress out of holiday shopping while putting the meaning back into giving.

**SEE THE CATALOG
ON PAGE 25
OR VISIT**

WWW.HEIFER.ORG/WORLDDARK/CATALOG