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CHRISTMAS CATALOG IN THE WORLD

HOLIDAY 2019 || HEIFER.ORG

# worldark

® THE MAGAZINE OF HEIFER INTERNATIONAL



HEIFER ECUADOR

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# Dear Determined Humanitarians,

**A**s we stand at the cusp of a new decade, I am struck that we have just 10 years to achieve our goal of ending hunger for good. And while we have evolved our work over the past 75 years with that purpose in mind, there is more urgency now than ever to expand the work to bring true, systemic change to the most marginalized families.

Despite the shifts in our approach, the way we've told the story of the true effect of our work has not changed much. You're familiar with the arc: A struggling family receives a gift animal and training in its care, becomes part of a group that is taught to identify and act upon their shared values and eventually helps transform their community. In short, we teach a man to fish. We tell that story because it's genuine and enormously effective.

As we aim to complete our mission and work with others to achieve the Sustainable Development Goals — which come with the looming 2030 deadline — we are shifting in both intention, action and narrative to an approach we know will sustainably transform the communities in the most need. How? By both teaching families to fish and showing them where the fish are biting.

We will still start with communities in the most need. We will still place assets and provide trainings. Families will still organize into self-help groups and act on shared values to drive change. Now, though, we're extending the scope of projects and focusing on the entirety of the market system.



*Heifer CEO Pierre Ferrari, purchasing goods from shop owner Gita Acchami in Khayarmara, Nepal.*

In Nepal, this looks like 255,500 farming families organized into 11,000 self-help groups and 226 entrepreneurial cooperatives. The power those women have in cooperatives has allowed them to change the market for their goats. Where they previously either sold goats at a net loss or had to take them to India to access decent markets, they're using their collective power to cut out the middlemen and sell to local consumers at a benefit to everyone.

Allowing farmers to buy in to their own change means they will confidently collaborate with others along the value chain. The end result is a market system that has changed because of the farmers' presence, and because they've learned to work in collaborative union with one another.

I hope you see the themes of true, systematic change in the stories you

read here — from women's groups in Ecuador reclaiming ancestral textile traditions to move toward starting their own enterprises, to a new model of program in Rwanda that is changing lives and livelihoods there, particularly in the realm of gender equity.

As always, I leave you with the utmost gratitude for the support throughout the decades and shifts in approach. I hope you now realize your donations transcend charity — and allow farmers to escape mechanisms that kept them marginalized and to participate in systems that allow them to be truly independent.

Yours for a better world,

*Pierre U. Ferrari*

Pierre U. Ferrari  
@HeiferCEO

# Feed the Hungry. FEED YOUR FAITH.

Heifer International is a nonprofit dedicated to helping the least of these around the world lift themselves out of hunger and poverty. Our faith programs allow your congregation to join us on our journey toward a poverty-free future. Visit [www.heifer.org/faith](http://www.heifer.org/faith) today for free resources.



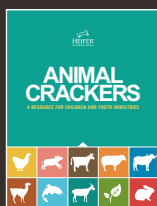
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Tools for an Alternative Giving Event



#### FILL THE ARK

Four-Week Family Giving Calendar



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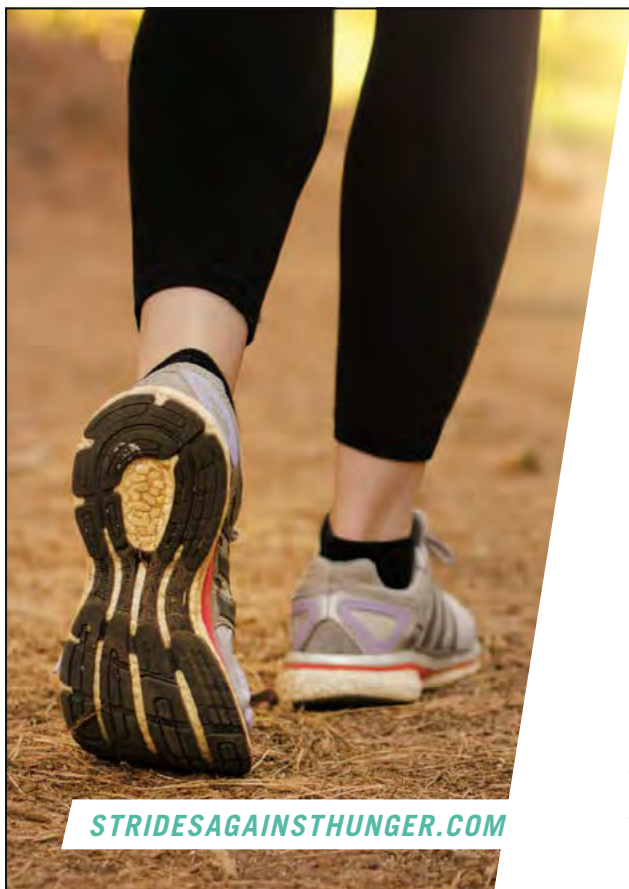


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## TIME TO TAKE STRIDES AGAINST HUNGER

Heifer International is teaming up with companies to take employees on a virtual race into our work around the world.

To learn more about creating a healthier work environment while supporting our mission, go to

**[StridesAgainstHunger.com](http://StridesAgainstHunger.com)** or email **[Chase.Carmichael@heifer.org](mailto:Chase.Carmichael@heifer.org)**.







# features



COVER: María Juana Chaluiza spins alpaca fiber into yarn.

TOP: José Pedro Pallo Cuzco tends to his herd of alpacas in Apahua, Ecuador.

Photos by Joe Tobiason

**14** Spinning Wool Into Gold  
In the Andes of Ecuador, indigenous communities are raising alpacas and using the animals' wool to break the cycle of poverty, all while taking care of a delicate ecosystem and reclaiming fiber art traditions.

**38** Men at Work  
In rural Rwanda, men often avoid the "women's work" of tending to children and gardens, and their rates of alcoholism and domestic violence are high. Through training and participation in a Heifer project, attitudes are changing, and that's leading to healthy relationships, gender equity and better livelihoods.

**46** Why We Need More Female Journalists at the U.S.-Mexico Border  
Writer Alice Driver travels with migrants headed north to the U.S. border to understand and share their stories. She writes about why women and LGBTQ individuals on the border are not being represented and what needs to change to honor their perspectives.





### THE COFFEE CONUNDRUM

I am a longtime contributor and have just read the article in your recent magazine about coffee and the predicament for coffee farmers. I am distressed but the article gave little information about what individual coffee drinkers can do. Just give up coffee? Can that really have any impact? I would appreciate an article in your next publication laying out a recommendation for individuals like myself.

MAGGIE TEAL  
Sanford, Florida

I found the article regarding coffee farmers in the fall issue of World Ark very enlightening. I had no idea that coffee farmers received so little for their crops when we pay so much for coffee. I just have one question. While Heifer is rethinking their strategy toward the coffee industry, what can we, as consumers, do to help? I've already given up buying the expensive coffee drinks, or any coffee for that matter, at the coffee stores that populate every corner. There must be something

else consumers can do. Is there a coffee brand/company or co-op that works with the farmers? Please help us make better choices because I doubt there are very many that will give up their morning coffee.

BEVERLY ROUNSAVILLE  
Riverside, California

I was upset to learn of the desperate situation of the coffee farmers. It was even more upsetting not to be offered suggestions as to what we can do about the situation. No mention was made of Fair Trade coffee, which I always buy thinking that means the farmers get a decent price for their coffee bean harvest. Is that not true? Have we been misled? What about a boycott of coffee houses that do not pay a fair price to the farmer? We need direction, Heifer. You've brought the problem to our attention. You can't stop there. Waiting for more. Cheers.

DIANE ADLER

As a dedicated coffee drinker who views a fine cup of coffee as one of life's true pleasures, I am appalled that we pay dearly for our valued brew while the growers live in abject poverty. How can we join our voices and take action?

ANNE MURR  
Osceola, Iowa

*Editor's note: We received a number of emails in response to our "Coffee at a Crossroads" article. Currently Heifer is outlining a pathway to change. As we explore long-term ways to help coffee farmers, here are some things you can do to help right now.*

- *Transparency is important, so buy your coffee from those who share*

*how much they pay. Ask your barista or email your favorite company requesting this information, or visit [www.transparenttradecoffee.org](http://www.transparenttradecoffee.org) for a list of specialty roasters who voluntarily disclose prices. We believe an appropriate starting price is \$3-4 per pound for commodity-grade coffee, although this is unfortunately rare to find on shelves. If your preferred brand or shop isn't paying fairly, tell them so and consider shopping elsewhere.*

- *Talk about unfair coffee prices with friends and family. Share news articles about the coffee economy on social media, and tag major coffee conglomerates when you do.*
- *Know that while certification programs do often raise the bar in terms of social and environmental standards, that doesn't necessarily mean farmers earn enough. For example, Fair Trade's minimum price of \$1.40 a pound falls short of what farmers need. This isn't the last you will hear of this issue, and we greatly appreciate your support.*

## WE WANT TO HEAR FROM YOU!

Please send your comments to **[worldark@heifer.org](mailto:worldark@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.





# worldark



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**What is your favorite  
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Since 1944, Heifer has helped 34 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

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# TURKEYS A ROAST

Turkeys are the "It" bird of the season, and there's more to know about them than ideal oven temperatures and baking times. Benjamin Franklin was so fond of turkeys he recommended they become our national bird. **But turkeys have a dark side.** If you encounter one in the wild, don't look it in the eye...

## Wild turkeys and domestic turkeys don't have much in common.

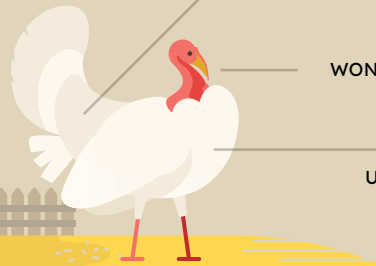
SMALLER AND HAVE DARKER, FIRMER MEAT AND A MORE INTENSE FLAVOR THAN FARMED TURKEYS

STAY QUIET TO AVOID PREDATORS

CAN FLY, BUT NOT VERY FAR



**Wild**



**Domestic**

BRED TO BE WHITE

WON'T SHUT THEIR GOBS

BRED TO HAVE UNNATURALLY LARGE BREASTS, CAN'T FLY AT ALL

**Snood:** A fleshy protuberance that hangs from the top of the male turkey's beak



The wild turkey population **plummeted in the late 19th and early 20th centuries** because of overhunting and habitat loss. Restoration efforts that began in the 1940s were successful, and today wild turkeys have regained and even expanded their original range across parts of Mexico, the United States and Canada.

Turkeys are **native to North America**, and wild turkeys can be found in every U.S. state

**EXCEPT ALASKA.**



**7 MILLION**

wild turkeys **roamed** the United States in 2017.

**242 M**

meat turkeys **raised** in the U.S. in 2017.



Turkeys are **Galliformes**, an order of heavy, ground-feeding birds that also includes grouse, chickens and pheasants.

Turkeys are known as such in the English language because turkeys and their close relatives, guinea fowl, were **initially brought into Europe by Turkish merchants.**

Turkeys were first **domesticated in Central America around 800 B.C.** for their meat, and indigenous North Americans began using turkey feathers in robes and blankets around 200 B.C.

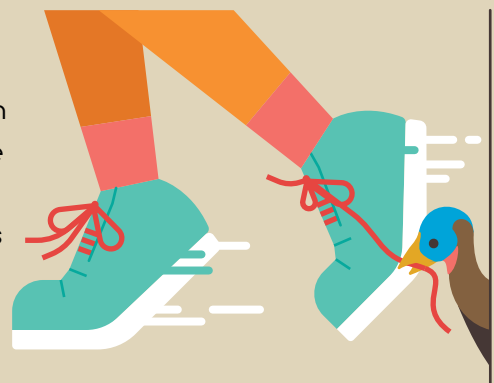




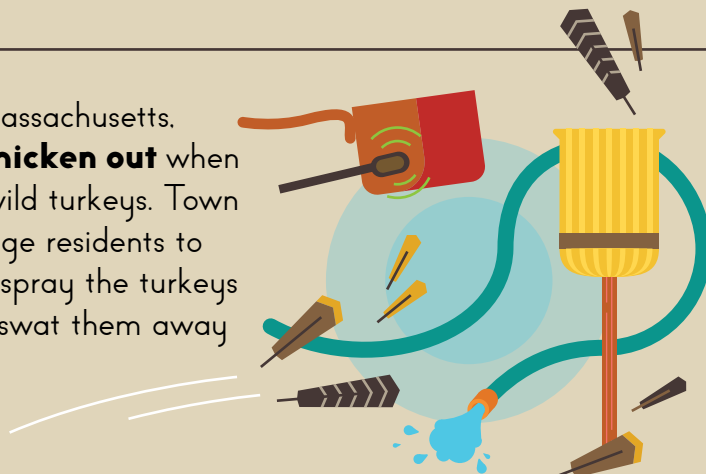
Wild turkeys are **omnivorous** and eat seeds, insects, frogs and lizards.



Turkeys follow a strict pecking order and are known to attack birds and even people they deem subordinate, especially during the spring mating season. People who have suffered turkey attacks recommend **not looking the birds in the eye**.



In Brookline, Massachusetts, people **don't chicken out** when confronted by wild turkeys. Town officials encourage residents to clang pots, yell, spray the turkeys with hoses and swat them away with brooms.



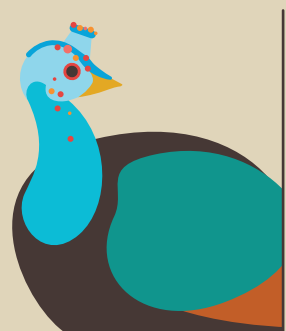
**Wild Turkey**, a popular brand of bourbon, is so named because it was originally distilled on Wild Turkey Hill in Lawrenceburg, Kentucky.



Wild turkeys are the **official game bird of Massachusetts**, and the state's division of fisheries and wildlife dubiously claims that, "The wild turkey is a **strikingly handsome bird**." You be the judge.



Most of us are familiar with the common turkey, but there's another kind, and it's highly underrated. The **ocellated turkey of Central America** is smaller, has a bright blue head and flashes iridescent, peacock-like feathers.





# Glutinous Rice Balls, Dehydrated Fish & KFC: Holiday Feasts Around the World

This time of the year, much of the world is finding something worth celebrating — and when people celebrate, they tend to do it with food. Here is a collection of some unique and treasured food traditions from a handful of places across the globe to whet your appetite for the holiday season.



## Fast-food fried chicken

In 1974, American fast-food chain Kentucky Fried Chicken unveiled their “Kentucky for Christmas!” marketing campaign in Japan. The story goes that KFC spread the idea that it’s a time-honored Western tradition to celebrate Christmas with fried chicken. Although only about 1 percent of people in Japan identify as Christian, there was an exotic appeal to the campaign, and it took off. Today, the tradition is so popular, it’s highly recommended to place Christmas Day orders well ahead of time.



## Lutefisk

Dating back to Viking Scandinavia, lutefisk is now probably more popular among Scandinavian-Americans in the Upper Midwest than its birthplace. Lutefisk is dried whitefish, usually cod, that has been rehydrated by soaking in lye for days. The gelatinous fish dish takes center stage for some families at Thanksgiving and Christmas.





## Hallacas

In Venezuela, hallacas are only made during the holidays, and making them is an all-day affair. Similar to tamales, hallacas are made from corn meal, filled with a variety of ingredients that change from region to region and family to family, and wrapped in banana leaves. Many Venezuelans attribute the origins of hallacas to colonial times, when slaves and servants filled their cornmeal cakes with the leftovers the colonists didn't eat.



## Tangyuan

In China, during the Lantern Festival, Winter Solstice Festival, weddings or family reunions, you're likely to find tangyuan. The glutinous rice balls can be sweet or savory and are usually filled with red bean paste, ground sesame or crushed peanuts. Tangyuan are traditionally white, to mirror the moon, but are now often made in a variety of colors.



## Jansson's Temptation

No one is entirely sure how this Swedish Christmas casserole earned its name, but one account claims the reason is pious priest Erik Jansson succumbed to the sin of gluttony because of it. The side dish is concocted from potatoes, onions, cream and anchovies.





## Latkes

Today, grated potatoes fried in olive oil are synonymous with Hanukkah. Latkes have their roots in an Italian Jewish tradition of frying cheese pancakes that dates back to the 14th century. After a series of crop failures in the mid-19th century, European Jews began relying on potatoes, which were easier and cheaper to grow. They began making Hanukkah pancakes with potatoes, and the tradition caught on.

## Braai

Braai is a particular way of grilling meat that is popular among all socioeconomic and cultural groups in South Africa. The proper way to braai is with a wood fire while surrounded by friends and family. Although you can braai to celebrate a number of occasions, it's almost mandatory during the country's Heritage Day in September.



## Mithai

During celebrations like Diwali, the festival of lights, Hindus in India make mithai, a term that covers a range of sweet treats. Mithai are usually made with sugar, flour and dairy with cardamom, rose water, fruits and nuts, or saffron for flavor. The sweets have been a staple in the Indian subcontinent for a long time — mentions of mithai can be found in ancient Sanskrit texts.





## Kutia

Christmas Eve dinner in Eastern European countries is a 12-course affair. The meal consists mostly of fish, mushrooms and cereals, since Orthodox churchgoers abstain from meat, eggs and dairy leading up to Christmas Day. In Ukraine, kutia is the first and most essential dish. A type of porridge, kutia helps feasters remember the dead.

## Coal candy

In early January, Italians celebrate the Feast of the Epiphany to end the Christmas season. The festival commemorates the arrival of the Magi to Bethlehem. On the eve of Epiphany, La Befana, a broom-riding old woman in a black shawl, delivers gifts to the good children and lumps of coal to the bad. Luckily for Italian little ones, the coal usually turns out to be candy made with sugar, eggs and food coloring.



## Black-eyed peas and collard greens

In the U.S. South, the menu on New Year's Day is set. Eat the black-eyed peas for a year's worth of luck and the money-colored collard greens for financial prosperity. The meal is traditionally completed with cornbread and hog jowl (the cheek of the pig) or another pork product.



# The Difference One Person Can Make



Actor Uzo Aduba, visiting Uganda with Heifer International.

Interview by Jason Woods, *World Ark* editor

Uzo Aduba is an Emmy-winning actor known for her role as Suzanne “Crazy Eyes” Warren on Netflix’s *Orange Is the New Black*. In her latest project, *Miss Virginia*, which is based on a true story, Aduba stars as a struggling single mother who launches a movement to provide education for at-risk youth. Next year, on the FX television series *Mrs. America*, Aduba will play Shirley Chisholm, the first black woman elected to U.S. Congress.

For the past several years, Aduba has lent both the little free time she has and her abundant passion for helping others to Heifer International. In both 2016 and 2018, she visited Uganda to learn about Heifer projects firsthand, and she is quick to share the lessons she learned from those experiences. In 2018, Aduba also agreed to serve as Heifer’s ambassador to Africa.

**WORLD ARK:** You’ve been working with Heifer International for a few years now. What about Heifer’s mission attracted you?

**UZO ADUBA:** I’ve always loved the idea of service, and I think Heifer is a powerful organization. What makes Heifer different is simply this: they look to offer those they serve a hand up, not a handout. That is how each of us can change a life, and that is a cause, a fight, I will always support.

Heifer is not only ending hunger and poverty and caring for the

environment. It’s enabling families to dream bigger and think further into the future than before. Heifer provides generations of change.

From my experiences through Heifer, what I’ve learned is that we’re not walking into a scenario trying to save someone necessarily. Our job isn’t to change someone. Our job is to help introduce a pathway for someone to walk down.

**You’ve been named Heifer International’s ambassador to**

**Africa. Can you tell us what this role entails and what you hope to accomplish?**

It’s truly an honor to be an ambassador for Heifer International. I have tremendous faith in this organization and their desire to help change the lives of those living below the poverty line.

In my role as ambassador to Africa, I raise awareness for Heifer and its life-saving work that helps communities become more self-reliant and lifts farming families to a living income. My role is to support





Aduba and farmer Grace Atusiimirwe connected when they met.



During her trip to Uganda, Aduba toured a dairy center.

**“Grace showed me that one choice that we can make one day in our lives has the potential to affect lives larger than we can count.” — Uzo Aduba**

small-scale farmers in Africa and around the world and share my passion for Heifer’s mission.

I saw that mission in action for the first time in 2016, when I met with farmers in Uganda, and then again when I checked on the progress of the same project in 2018. One thing I saw that is remarkable about Heifer is a lot of the people who sign up for it are women. They’re going to take care of their family and make sure it not only survives but thrives.

What I hope people take away from Heifer’s work and the stories of Heifer farmers is the knowledge that one person can make a difference and serve to multiply for many people and many lives.

**Tell me about your trip to Uganda. What stuck out about the Heifer projects you saw there?**

My trips to Uganda made a lasting impression — they were inspirational. I met with several dairy-farming families. I had the opportunity to participate in a Passing on the Gift ceremony. I even helped process milk at a community-owned dairy center.

The most meaningful part of my journey was meeting farmer Grace Atusiimirwe. She is a widow with three children. She never had formal education growing up. When her husband died, rather than despairing and giving up on herself, Grace connected to Heifer International to find a way to take care of her children. She learned new skills and found a way to start a new story for herself and her family.

Her story is unbelievable. Grace learned how to take care of cows. She received a calf and reared it. She passed on the gift of her

first-born calf, which is a huge gift. By the time of my first visit to Uganda, she had turned one calf into 20. And now she has 40 cows.

Grace also learned how to turn the manure into biogas, which they could turn into light in their house, so her son could go back to school. She started a bank cooperative with the women in her village, then taught other women how to raise cows. She’s a generous giver, and I hope we all take a lesson from what she has shown us.

Grace showed me that one choice that we can make one day in our lives has the potential to affect lives larger than we can count. Grace’s impact on her family and the lives of the people in her community is immense. You can feel her power. She might be the most remarkable woman I’ve met in my life. ■



# Spinning Wool into **GOLD**



*Indigenous communities in the Ecuadorian Andes are reviving ancestral fiber arts with alpaca wool to escape the cycle of poverty and protect the unique highland ecosystem in which they live.*

*A member of the Heifer project in Tambohaushca, Ecuador, spins alpaca wool into yarn while keeping watch over an alpaca herd as a light drizzle falls.*



*A misty morning in the mountainous village of Apahua, Ecuador.*

BY **MOLLY MITCHELL**, WORLD ARK WRITER  
PHOTOS BY **JOE TOBIASON**

**M**aría Juana Chaluisa's description of her home, the Quechua community of Apahua that sits in the crook of two snow-capped Andean volcanoes, barely hints at the harshness of it, or the beauty. "This is 4,200 meters [almost 14,000 feet] above sea level," she said in a shy whisper. "It's cold here."

Living between the Cotopaxi and Chimborazo volcanoes at an altitude significantly higher than Peru's Machu Picchu marks Chaluisa, 49, with the ruddy cheeks that come from constant exposure to cold winds. Apahua lies in a rare ecosystem called the paramo, where low temperatures and high humidity create a bone-deep chill. In these altitudes, one breathes in about 40 percent less oxygen than at sea level. Most people, even locals from nearby but lower Quito, are struck by

altitude sickness at this elevation, beset by headaches, nausea and fatigue.

In Ecuador, Spanish colonists either enslaved or banished Quechua people from more livable climates to these higher altitudes in the Andes mountains, and many communities remain there to this day, inheriting the legacies of colonialism in the form of permanent displacement and extreme poverty. Most people in Apahua never finish grade school, struggle to feed their families and have little or no access to proper healthcare. The place feels forgotten, with little infrastructure or opportunity.

But this bleak outlook is brightening as Chaluisa and her neighbors blaze a path out of extreme poverty alongside an animal that pre-Incan indigenous people bred and Quechua people brought with them in their exile. Alpacas and Quechua have survived together in



*Michael, 10, hugs one of his family's alpacas.*





*The sponge-like terrain of the paramo is delicate, but alpacas do not harm it due to their padded hooves and gentle grazing.*



*Paco Quishpe, 46, poses with one of the community alpacas.*

***“They could be breeding stock, they can give us fiber, we can eat the meat and they provide fertilizer for our crops. They’re good for the environment of the paramo, which is the source of water. It’s important for that.” – PACO QUISHPE***

the Andes for hundreds of years. Now, Heifer project participants are capitalizing on their relationship with these unique animals to build a healthier and more hopeful future.

### **A Deep Connection**

Alpacas are uniquely suited to the Andean highlands, with padded feet that do not disturb the ground beneath them and a gentle way of nibbling the tops of the grasses, rather than yanking their food out by the roots. Their puffy coats protect them from the cold and can help fellow highlanders survive

as well. Since pre-Incan times, Quechua communities have been knitting, crocheting and weaving alpaca fiber into the iconic clothes and blankets necessary for survival in the Andes.

In some ways, the unique connection between the Andean people and alpacas goes even deeper. Much like the indigenous population, the colonial Spaniards did not value alpacas, preferring the merino sheep they brought from Europe. Colonists slaughtered thousands of alpacas in an attempt to destroy native people’s livelihoods. But as Quechua people fled to higher

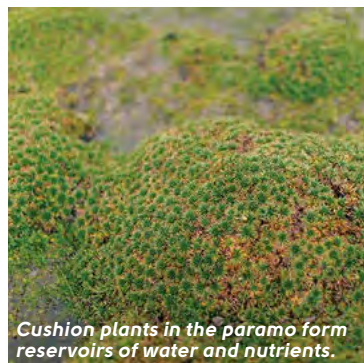




*The paramo is an important water source for all of Ecuador.*



*Heifer is helping families raise guinea pigs for a quicker source of income while the alpaca enterprise, a longer term project, develops.*



*Cushion plants in the paramo form reservoirs of water and nutrients.*



*Fava beans, a local variety of corn and potatoes makes up a typical Andean meal.*

ground, they brought alpacas with them. “Just as the indigenous were sidelined, expelled, to the coldest places, so both the indigenous and the alpacas had to adapt to this environment,” said Myriam Merino, the alpaca value chain specialist for Heifer Ecuador. “So that’s why they are so affectionate with these animals, who have accompanied them in their poverty.”

Paco Quishpe, 46, hopes alpacas will accompany his community out of poverty, as well. Quishpe is the project secretary in Apahua, one of nine struggling communities where Heifer is supplying improved breeds of alpacas, education in animal care, loans and marketing expertise.

“I can tell you, life was getting harder and harder,” he said. “We needed a lot of things. We needed things to supply our family, [provide] an education for my children, to purchase school

supplies. We couldn’t afford them.”

Frosts and unpredictable rains make vegetable farming at such high elevations risky. And when potatoes and fava beans wither in the cold, unpredictable climate, the people in Apahua have nothing to eat or sell, he said. Cultivating alpacas for their fleece is a far more reliable business plan, and one that preserves the delicate high-elevation ecosystem that’s the source of most of the country’s drinking water.

“They could be breeding stock, they can give us fiber, we can eat the meat and they provide fertilizer for our crops,” Quishpe said of the alpacas. “They’re good for the environment of the paramo, which is the source of water. It’s important for that.”

Building a full-scale alpaca fiber enterprise and establishing a steady market for the finished products will take time, and community members can’t afford



to wait. So Heifer helped each community set up a revolving fund that project participants are tapping to buy guinea pigs, rabbits, chickens and sheep to raise for food and to sell.

At the same time, project participants are building bigger, healthier, more productive alpaca herds by mixing animals they already had with breeders Heifer provided.

Group members are also





*An alpaca sneaks in a family photo of María Juana Chaluisa (49), her nephew Michael (10) and daughter Inés (25).*



*José Pedro Pallo Cuzco (65) learned how to knit at workshops organized by Heifer.*

perfecting their crafting skills to create yarn and handknits for high-end shops in Ecuador and elsewhere. There are three main markets for their alpaca yarn products. The high-quality yarn will be sold to a group of weavers, and the coarser fiber will be made into decorative handicrafts to be sold at local markets. Their ultimate goal is to craft fine quality garments to sell at high-end markets in bigger communities.

Though spinning and knitting in this region are traditionally done by women, the men in Apahua are also picking up their needles so they can help churn out marketable alpaca handknits. José Pedro Pallo Cuzco,

65, left school after third grade but loves to learn and was eager to start knitting. With this new skill, he hopes to generate income and opportunity for future generations.

"Our dream for the future is opening the door at least for our children, so they learn and then set up a company, so that our children can work at that enterprise," Pallo said. "I'm ending my life, but I will open doors for the young people to move forward."

## Building on Tradition

Inés Chaluisa, 25, always loved alpacas for their cloud-soft fleece, docile nature and teddy-bear looks. Now, she is learning from her mother how to spin alpaca wool into yarn, and she goes to Heifer-sponsored workshops to learn knitting techniques. Like most women in the community, Inés Chaluisa

**"I'm ending my life, but I will open doors for the young people to move forward."**

– JOSÉ PEDRO PALLO CUZCO



The highland indigenous people in this region of the Andes are collectively called the Quechua people, a classification that refers to an unknown number of indigenous nations that all speak dialects of the Quechua language, which was spread among native South Americans by the Incan empire.



*Family portrait of María Humbelina Miñarcaja (38, right) with her daughter Joselyn Estefanía Casco (11, middle) and her mother, Mañuala Paucar (67, left), in front of their farm plot.*



*María Humbelina Miñarcaja's arms overflow with sweaters, hats and more of her hand-knits.*



*Alpaca yarn hand-spun by Heifer project participants, in varying natural colors and thickness.*

now keeps a spinning or knitting project in hand at all times.

Down the road in a small community near Riobamba, master knitter María Humbelina Miñarcaja teaches young women what she knows. She's a natural teacher, brimming with confidence and enthusiasm. "I have always been a leader," she said. "I don't know [why], but I like to. Ever since 20 years ago, when I was a kid. I like to lead people, I like to do crafts. I can do any craft."

The women in her organization that are best at spinning make the yarn, and Miñarcaja knits garments and teaches others her patterns and techniques.

She has taken on this project in addition to being a single mother, an active member in several community organizations, a farmer and a caregiver for her aging parents. It is a lot of responsibility, but she rolls with the punches. "Well what can I do? If I'm tired, I'm tired. I'm one year short of a high school degree, but then I had to get to work."

Miñarcaja is hoping the alpaca project will bring in money she needs to care for a household that includes herself, her daughter and her parents. "We haven't had everything. But we struggle, we fight," she said. "We work with farming with my



**YOU CAN HELP  
FAMILIES IN THE  
ECUADORIAN ANDES  
AND AROUND THE  
WORLD PRESERVE  
THEIR CULTURE AND  
THRIVE. SEE PAGE 27  
TO LEARN HOW.**



# How It's Made: Alpaca Knits

It takes a lot of time, knowledge, work, care and skill to go from cute alpaca to cozy sweater. Heifer project participants are mastering all of the necessary steps.



# 1

## Breed for Success

Selectively breeding alpacas for the best wool, color and health of the animals is the first step in the journey to luxe alpaca fiber.

White alpacas are prized because their wool can be dyed any color. But the animals also come in natural shades of brown, black, grey and beige. In Peru, 24 natural alpaca fiber colors have been identified. Some community organizations specialize in certain colors. In Apahua, their specialty is white alpacas.



# 2

## Care and Keeping

Healthy, happy alpacas make for the softest wool. Heifer project participant María Humbelina Miñarcaja learned about their special requirements, like, "How to cut their hooves, and they have teeth that get too long, so you have to file them down so that they can eat conveniently. We give them vitamins, purge them of parasites. Those are some of the things I learned."



# 3

## Shearing and Sorting

Alpacas are only sheared once a year, so it is key for the fiber artisan to make the absolute most of every shearing. The shorn fiber can be sorted into seven categories, from finest to coarsest. The finest, softest classes are used for garments, and coarser wool is made into handicrafts and felted jewelry.



4

## Carding, Washing and Drying

After the fiber is sorted by category, burs, seeds and other detritus the animals have picked up are carded with a fine-toothed brush or cut out by hand. Once picked clean, the fiber is washed and dried. If a batch of wool is going to be dyed, it happens at this point.

"I learned to wash the yarn – that was the last workshop," said Miñarcaja. "I washed it and I dyed it with natural plants." Miñarcaja and the other artisans in the Heifer project use natural dyes to color their fiber, like ñachak, a yellow flower that makes a deep blue dye, nettle for green, yucca for yellow, cochineal insects for red and blackberries for pink.



5

## Spinning

Hand-spinning wool into yarn is an ancient and highly skilled craft, dating back to the Paleolithic era. Spinners gather their fiber on the top of a short staff, or distaff. The fiber is then gathered and twisted in one hand while being wound onto a spindle with the other hand. It takes a steady and experienced hand to twist the fiber enough to make yarn without breaking it and keeping the thickness consistent for hundreds of meters.

The art of hand-spinning was starting to die out in this region of Ecuador. Old women still remember the technique, but younger generations weren't picking it up. Trainings that pass this skill from local artisans to young people is part of this Heifer project.

María Micaela Castro Sisa is a master spinner who is teaching others to follow in her footsteps. "These two fingers," she said, holding out her thumb and forefinger, "and then I can feel the thickness that's coming out. This hand knows how to feel how thick it is."

Castro and the other women in the project are able to do this skilled work while walking around, tending to animals, household chores and other business.



6

## Knitting, Crochet and Weaving

Spinning, along with knitting, crochet and weaving, are all traditions of indigenous peoples. In the face of modern poverty and migration, these arts are being forgotten. The Andean communities Heifer works with are making sure older members of the community share these traditions with the next generation.





# Andean Fashion

## Tells an Indigenous Nation's Story

Textiles are integral to Quechua daily life and culture. The striking fashion of indigenous highland Quechua communities hearkens back to their pre-Incan ancestral history mixed with colonial Spanish influences, with a dash of 20th century flavor. From jaunty bowler hats, gorgeous shawls and elegant high heels, their unique garb is a beautiful showcase of Andean history and craftsmanship from head to toe. Representative of cultural identity and their connection to the land on which they live, costume colors and patterns are distinctive to regions within the highlands.

María Micaela Castro Sisa described her outfit like this: "This is the color of the sky, this is the color of our blood. And this white is the color of our snowcapped Chimborazo. This belt has the sun, blood, nature and black is the earth. This skirt is for our earth."

***"My dream would be to have a [company] in my community, like in Peru, but in Ecuador. An enterprise of women who are taking care of the alpacas and making the products."***

– MARÍA HUMBELINA MIÑARCAJA

parents. I've also raised guinea pigs. And now I'm also raising the alpacas and the sheep."

Miñarcaja's group has 48 members, only 10 of whom are men. Many of the men in her community left to look for work. When it comes to alpacas, the women are in charge. "It feels better, because we all have the courage to not be used, and women can speak too. We know how to speak. We know how to get ahead," she said. It's a change from how things used to be. "We don't have to depend on the men. We are working and we get money."

Knitting was old hat for Miñarcaja, but even she is finding opportunities to learn new skills as part of the Heifer project.

Thanks to a training in Peru, she can now expertly classify the alpaca fiber by quality, ensuring coarser fibers are used in blankets and weavings, while finer, softer fiber goes into the clothing projects that can fetch good prices. Miñarcaja now teaches members of other organizations how to sort alpaca fiber.

Finding time to knit between all of her teaching and caregiving isn't easy. Despite waking at 5 a.m., Miñarcaja is often not done with her work until 10 p.m. "I will knit when I'm not so tired until 11 o' clock at night," she said. But her dreams drive her work ethic.

"My dream would be to have a [company] in my community, like in Peru, but in Ecuador," Miñarcaja said, referring to



## Here are a few iconic pieces of ancient garb still crafted and worn with pride today.

### Bowler hat

Fetching bowler hats are popular with women and men in Quechua highland communities in Ecuador. They have become part and parcel of the overall aesthetic of traditional dress even though they aren't traditional at all, but became popular in the 1920s when British railway workers came to the region.

### Faja

A faja is a colorful, wide woven belt worn by both men and women. Also called chumpi, they look kind of like cummerbunds and are used to hold up skirts, support the lower back when carrying heavy loads, securing swaddled babies and as a holster for a distaff when hand-spinning yarn (see page 14).

### Shawl

The ancient fiber craftsmanship of Quechua communities perhaps shines most visibly in their exquisite shawls. These practical garments for keeping warm come in many forms, usually in expressive bright colors whether knitted, crocheted or woven.

### Poncho

Perhaps the most recognizable garment, the poncho has been worn by native peoples of the Andes since long before Spanish colonialism. They are essentially wearable woven blankets, perfect for keeping out the cold and damp of highland living. Some communities wear ponchos with signature colors or patterns that represent their own region.

### Polleras

These wide, woven pleated skirts with embroidered trims are worn by women year-round, often two or more layered depending on the cold. They are universally black, but the length, patterns and colors of the trim vary from person to person or represent certain distinct communities.





# How to Tell the Difference Between Alpacas and Llamas

Alpacas and llamas are often mistaken for the same animal, and the confusion is understandable. Alpacas and llamas are so similar because they are both part of the camelid family, which includes — you guessed it — camels, their cousins in the Eastern Hemisphere.

These domesticated western camelids evolved in the Andes mountains in Peru, Ecuador and Bolivia, so they developed many similar adaptations to their cold, harsh environment. But these two species actually have several different physical characteristics and personalities that are unique to them. One is sweet-tempered and the other can be a little rude, so you'll want to be able to tell the difference in case you ever meet one of these fascinating creatures.



## Size

Llamas can grow up to 4 feet tall at the shoulder and weigh up to 400 pounds, whereas alpacas are more petite at around 3 feet tall and 150 pounds.



## Fiber

Llamas and alpacas both grow thick fiber to ward off the cold of their native highland habitat. But llama fleece is more like hair, while alpacas grow fleece that is much finer, softer and thicker.

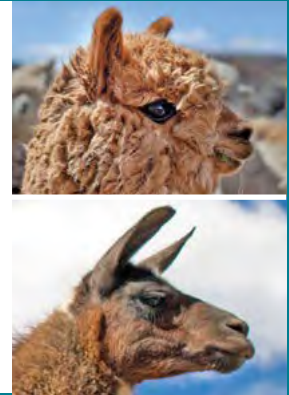
## Ears

Alpacas and llamas both have adorable ears, but in different ways. Alpacas have short, pointed ears that look kind of like elf ears. Llama ears are longer and more rounded, kind of like bananas.



## Faces

Llamas have long snouts that stick out, while alpaca faces look like a llama with its face smooshed in – in a cute way!



## Personality

Alpacas are used to traveling in herds, so they are typically shy and polite. Llamas, on the other hand, are more independent. They can be assertive and pretty rude, to be honest. It's true that you're in danger of getting spat on by both animals, but it's more likely with the peevish llama, while alpacas are generally sweeter.

Alpacas' docile nature means they can make great pets. Although they are not native to the United States, these hardy animals can still thrive as long as they get a good shave for hot weather. You've got to get at least two, though – herd animals get lonely!



## Purpose

Alpacas and llamas are both domesticated breeds of livestock that were cultivated for different reasons. Alpacas were bred from native vicuñas, their wild camelid ancestors, for their ridiculously soft fiber. Alpaca fiber and the much rarer vicuña fiber are prized the world over for making luxe sweaters, blankets, scarves and anything else cozy and warm. Unlike sheep's wool, alpaca fiber is lanolin-free and therefore hypoallergenic, and it is not at all itchy to the touch.

Llamas, on the other hand, originated from another Andean camelid, the wild guanaco. Llama fiber is often sheared and used for weaving and other fiber arts. More often, llamas are used as pack animals to carry heavy loads on long treks or for their meat. The more aggressive and independent nature of llamas also makes them great guard animals for herds of sheep or alpacas.



**“Taking care of the kids, paying for their school expenses, even now it’s hard. Because I’m a woman without any help, I can’t afford to give the kids bus fare to get to classes, and food costs, we can’t make enough money as women.”**

– MARÍA MICAELA CASTRO SISA

Tres Alpaquitas, a group of Heifer supported artisans in Peru who launched a successful alpaca knitwear company. “An enterprise of women who are taking care of the alpacas and making the products.”

She also hopes to support her daughter’s dream of becoming a veterinarian by making enough money to send her to school. “That’s why she has all those dogs,” Miñarcaja laughed. “She doesn’t want us to get rid of any of them. They give her milk and cookies, nutritional cookies, at



*María Micaela Castro Sisa, 48, spins wool as she walks down a path in a village near Riobamba, Ecuador.*

school and she smuggles them home to give to the dogs.”

## The Master Spinner

María Micaela Castro Sisa, 48, struggled a long time before the alpaca project. “I live by myself because my husband was abusive. So I gave up on him. I live by myself with my kids. I’ve been separated for eight years. That’s why I’m happy to have this work. And with that, I can keep this house. And I’m still alive.”

Castro has six children, one of whom is disabled. “Taking care of the kids, paying for their school expenses, even now it’s hard. Because I’m a woman without any help, I can’t afford to give the kids bus fare to get to classes, and food costs, we can’t make enough money as women.”

She is glad to have a new option through the Heifer project. Castro has been spinning wool her whole life, “ever since I was



*Castro with her grandchildren.*

a little girl,” she said. Now she’s teaching others this delicate skill so they can team up to produce and sell as much yarn and handknits as possible.

This opportunity to use her skills to provide for her children and grandchildren is all she wanted, Castro said.

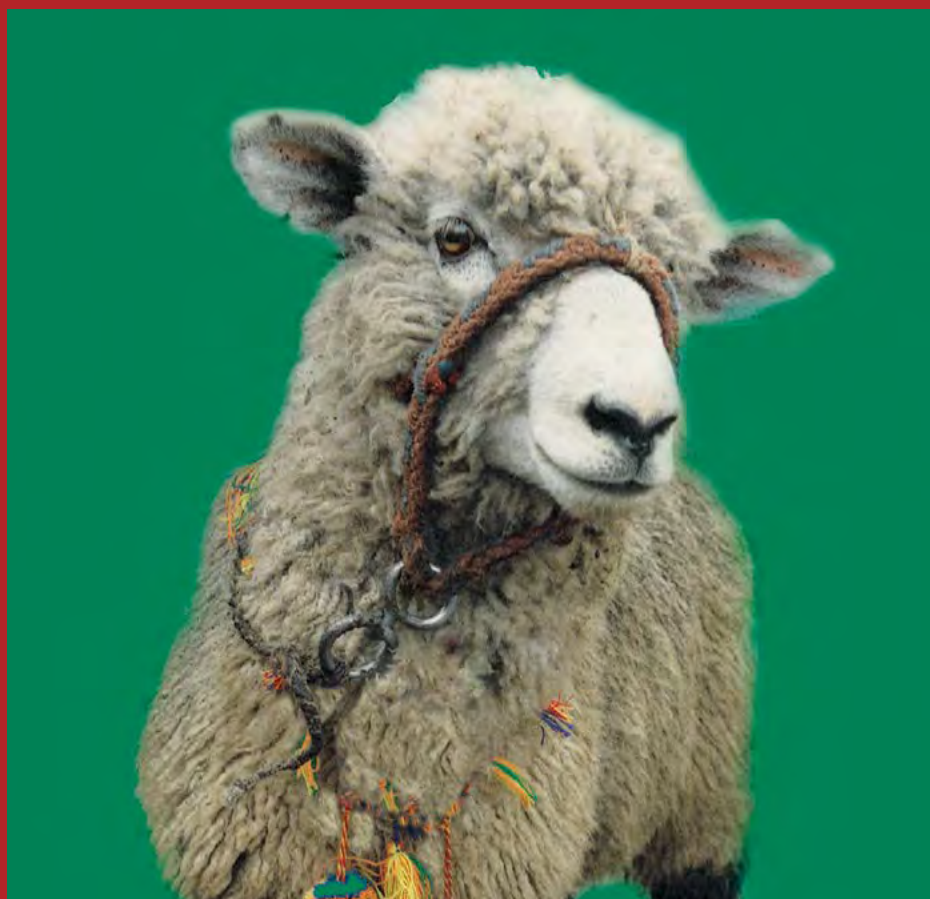
“Everything is good when there’s enough. Nothing is difficult. We have to work so we have daily bread.” ■



*Joselyn Estefanía Casco (11), loves dogs and wants to be a veterinarian when she grows up.*

Special 2019  
Christmas Edition

# THE MOST IMPORTANT CHRISTMAS CATALOG IN THE WORLD



  
**HEIFER®**  
INTERNATIONAL





Dear Friend,  
Every time you choose to give a loved one a gift from The Most Important Christmas Catalog in the World, you change lives.

For 75 years, your Christmas spirit has supported families as they pull themselves out of crushing poverty. I have personally seen how the gifts you give of livestock and training bring nutritious food to tables that were empty, send children to school who never thought they'd learn to read and transform struggling farmers into small business owners.

Your gift bonds you to a family you've never met, and the impact

lasts for years. Thanks to Heifer's belief in Passing on the Gift®, the impact of each gift you give from these pages is multiplied several times to benefit many families!

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 warmest regards,

*Pierre U. Ferrari*

Pierre U. Ferrari  
President and CEO

## Make Christmas Even More Meaningful

Take part in the growing holiday tradition of giving gifts that help those in need. Here's how:

### THREE EASY WAYS TO GIVE

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

**Call** toll-free: **855.8HUNGER (855.848.6437)**

**Order** online: **[www.heifer.org/catalog](http://www.heifer.org/catalog)**

### FREE HONOR CARD WITH EVERY \$10 PURCHASE

For each gift of \$10 or more, you may request an Honor Card for your family and/or friends.

**OPTION 1:** Heifer will send Honor Cards directly to you to distribute to family and/or friends. Just indicate how many cards you need on your order form.

**OPTION 2:** Have Heifer mail your Honor Cards directly to anyone you choose. Call or visit the website for this option.

**OPTION 3:** Go to [www.heifer.org/catalog](http://www.heifer.org/catalog) to print out or email your own honor cards.

Honor Card orders postmarked by December 10 will deliver by December 24. Missed the deadline? For a fee, expedited shipping is available by calling us at 855.8HUNGER (855.848.6437).

### HEIFER GIFT CARDS

**Not sure what to choose?** Surprise someone with a gift like no other: the power to choose a life-changing gift and have an online experience of Heifer's work and mission. By purchasing a 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 makes a real difference.



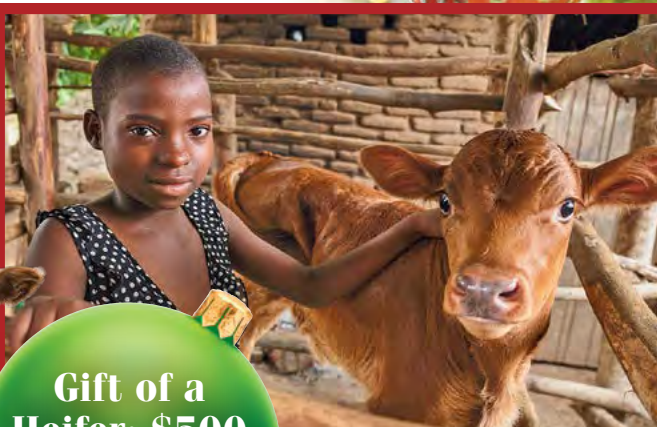
# Celebrate the Holidays with Heifers

**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**

*Ten-year-old Naomi Makalani's family learned how to successfully raise cattle with the gift of a heifer in Malawi.*

## Gift of Goats

**The gift of a dairy goat** is a lasting, meaningful way for you to help a little girl or boy on the other side of the world while sharing your caring spirit with those closest to your heart.

The gift of a dairy goat can supply a family with up to several quarts of nutritious milk a day. Extra milk can be sold or used to make cheese or yogurt. Families learn to use goat manure to fertilize gardens.

And because goats often have two or three kids a year, Heifer families can lift themselves out of poverty by starting small dairies that earn money for food, health care and education.

What a wonderful way to honor someone special in your life this holiday season.



*In India, the gift of good quality goats from Heifer and the all-important training in their care changes everything for families, making them healthier and happier.*



**Gift of a Goat: \$120**

**SHARE OF A GOAT: \$10**

## Milk Menagerie: \$1,000

**SHARE OF A MILK MENAGERIE: \$100**

The gift of a Milk Menagerie represents a quality-breed heifer, two goats and a water buffalo — four milk-producing animals that provide hard-working families with the resources to provide a better life for their children.

Along with training for recipient families, each animal in the Milk Menagerie will produce gallon after gallon of wonderful, life-sustaining milk that can be sold or turned into cheese and yogurt. Plus, each animal's offspring will multiply your impact even further through Passing on the Gift.





## Sheep: Shear Joy



**Warm in winter, cool in summer**, waterproof and durable — wool is a valuable product that struggling families can use for clothing or sell for extra income. That is why your gift of a sheep and training in its care is such a wonderful way to share the warmth of the season with someone special in your life.

Gifts of sheep are helping to cure hunger and poverty all over the world. And since sheep often give birth to twins or triplets, when you give a gift of a Heifer International sheep, your support impacts many more families over the years to come.

*In the Ecuadorean Andes, families rely on sheep for the woolen blankets and clothes that keeps them warm at high elevations.*



**Gift of a  
Sheep: \$120**

**SHARE OF  
A SHEEP: \$10**

## Joy to the World Gift Basket: \$1,500

**SHARE OF JOY TO  
THE WORLD GIFT  
BASKET: \$150**

As you bundle up this holiday season, think about giving the gift of Joy to the World for a family in need.

This bountiful gift provides families with two sheep, four goats, one heifer and two alpacas. The animals provide much-needed food and milk, wool for blankets and clothing, and rich fertilizer for their crops.

The gift of Joy to the World gives hungry families nourishment and empowers them to become self-reliant — all while promoting positive growth in their communities for generations to come.

## Twice as Nice: Cattle

**Did you know a cow provides more than just nutritious milk to drink?**

Extra milk can be sold or made into cheese and yogurt. Manure is also used to fertilize their crops and improve their harvests.

Your gift of a cow will improve a hungry family's health and income, and provide opportunities for success that they've never had before.

Now, you can double the impact of your generosity by giving the gift of a Mating Pair of Cattle.

These industrious animals will immediately go to work for a needy family. A heifer and bull will improve the productivity of a struggling farm. This mating pair will provide valuable offspring, which can be raised or sold at market. Soon, this family will be able to Pass on the Gift, which will turn them into donors themselves. Thanks to your gift of a Mating Pair of Cattle, another family will move from poverty to self-reliance.



**Mating Pair  
of Cattle:  
\$1,000**

# Christmas Chicks

**It's time to buy your child's favorite teacher a holiday present**

— but you suspect that she or he doesn't need another engraved Christmas tree ornament. How about the gift of chicks to wish her or him happy holidays and say thanks for giving your own "chickadee" the gift of guidance and wisdom throughout the school year?

Through your gift of a flock of chicks, families from Guatemala to Zambia can enrich their inadequate diets with nourishing, life-sustaining eggs. The protein in just one egg is a nutritious gift for a hungry child.

Heifer helps many hungry families with a starter flock of 10 to 50 chicks. And since a good hen can lay up to 200 eggs a year, there are plenty of eggs for families to eat, share or sell. Because chickens require little space and can thrive on readily available food scraps, families can make money from the birds without spending much. And chickens help control insects and fertilize gardens.

**Flock of Chicks: \$20**

*Now that they don't have to fear what every day brings them, 12-year-old Vet Pheakdey's family is closer and happier than ever in Cambodia.*



## Knitter's Gift Basket: \$480

**SHARE OF KNITTER'S BASKET: \$48**

Over the years, Mom has knitted everything from warm wool sweaters to stylish mittens and scarves. Now you'd like to give her something just as meaningful in return. This is what you've been looking for.

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

## The Allure of Alpacas

**Giving the gift of an alpaca** and training in its care offers a unique way to honor that someone on your holiday shopping list who has simply everything.

At home in rough, mountainous areas of South America, alpacas are a blessing to families with limited resources. Alpacas provide invaluable sources of income and wool, which is prized for making blankets, ponchos, carpet and rope. Plus, their soft feet and unique grazing methods mean they live harmoniously in their fragile Andean environment and help our project families preserve their limited resources.

**Gift of an Alpaca: \$150**

**SHARE OF AN ALPACA: \$20**



*Families in the highlands of Ecuador can spin alpaca wool into yarn to sell at the market.*





# Holiday Trees: Saving Lives, Saving the Environment



*Thanks to the gift of seeds, Ricarda Maradiaga Cruz now grows a thriving vegetable garden in Nicaragua.*

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

**SHARE OF TREE SEEDLINGS:**  
**\$10**

**One of Heifer International's most important promises is to care for the Earth.** We believe that for development to be sustainable, we must help families raise their animals in harmony with nature. That's why in addition to livestock, we provide families with trees and the seeds to grow flourishing gardens.

Through training, families learn how to keep their small plots of land healthy and renew the soil for future generations by planting trees, using natural fertilizer and limiting grazing. So may we suggest adding the gift of a tree from Heifer to your holiday gift giving this season?



## Hope Basket: \$50

What can be more hopeful to a struggling farmer than a gift of fast-multiplying livestock?

The Hope Basket, with chickens and rabbits, offers just that to Heifer's project participants.

Rabbits are easy to care for and reproduce quickly, allowing their owners to sell the offspring for extra income once they've fulfilled Heifer's Passing on the Gift promise. Chickens lay eggs and provide manure for vegetable gardens. This gift of hope goes on and on, lasting much longer and helping more families than the usual gift basket ever could.

## It Takes a Village

**Are you a proud member of a sorority? A civic group? A Sunday school class?**

What better way to celebrate your special "village" than by making a gift in their name that will provide unique, community-based approaches that help many people leave poverty behind?

Your gift of It Takes a Village builds upon what we all know — no solution to hunger and poverty can ever take root unless we engage communities to come together to propel their families toward prosperity. Through education, training and encouragement, Heifer is helping farmers find their voices by showing them there is strength in numbers. That's why your gift will connect many hardworking families together. For example, your gift may help a group of small dairy farmers negotiate better pricing for their milk, as well as set up critical infrastructure that enables families to pool key resources and share expenses so there are greater profits for everyone.

Not only that, but your gift will foster an even greater sense of community as Heifer helps local farmers develop groups and meetings where they can each share the lessons they've learned. This means families have even more support and resources — and experience even greater success. With your help, a large number of hardworking families will break free from hunger and poverty by partnering together—ensuring entire villages flourish.



*Your gift will bring women together, like this group in India, for specialized trainings in their villages and communities where they learned how to improve their futures.*

**It Takes a Village:**  
**\$10,000**  
**SHARE OF A VILLAGE: \$100**



# 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.



*Asmani,  
Bangladesh*

Goats provide milk, cheese and butter for nourishment.

**Share of a Goat**  
**\$10**



*Vo Minh Tri,  
Vietnam*

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

**Flock of Ducks**  
**\$20**



*Elsa Margarita Chaman  
Chub, Guatemala*

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

**Honey Bees**  
**\$30**



*Carla Grisela Rivera  
Rodriguez, Honduras*

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

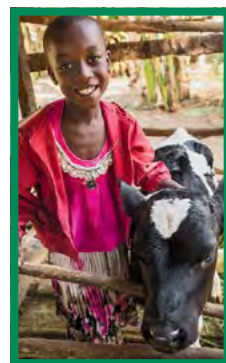
**Flock of Chicks**  
**\$20**



*Thuy Dang,  
Vietnam*

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

**Flock of Geese**  
**\$20**



*Michelle Laker,  
Uganda*

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

**Share of a Heifer**  
**\$50**



*Aaron Menugbor,  
Ghana*

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

**Trio of Rabbits**  
**\$60**



*Marcelina Bautista,  
Honduras*

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

**Tree Seedlings**  
**\$60**





# The Holiday Buzz About Bees



*Honey helps feed families — Elsa Margarita Chaman Chub, 8, now snacks on honeycomb after school in Guatemala.*

**May we suggest surprising your friends, family and co-workers with the latest buzz:** the gift of honeybees to help needy families around the world?

Your generous gift will help Heifer provide a family with bees, a box and hive, plus training in beekeeping. This will help families from Uganda to Haiti earn income through the sale of honey and beeswax. Plus, when placed strategically, beehives can as much as double some fruit and vegetable yields through natural pollination. In this way, a beehive can be a boost to a whole village.



**Gift of Honeybees:  
\$30**

## Gift of Clean Water: \$300

Millions of people around the world still lack access to clean drinking water. In some communities, water is scarce. In others, it is contaminated. Fortunately, Heifer has solutions to both problems.

Heifer helps many families install treadle pumps, practice water conservation and use organic fertilizers to protect drinking water to improve their health.

## Boxes, Bows and Buffalo



*Mohammed Ainul Haque is proud to see his daughter Shonavan Khatun contribute to the community's success.*

**Send greetings from your family to a family in need** with the gift of a water buffalo this holiday season.

In poor communities, water buffalo from Heifer are providing draft power for planting rice and potatoes, milk for protein, and manure for fertilizer and fuel. A farmer can plant four times more rice with a buffalo than by hand — generating added income to use for clothing, medicine, school and home improvements. So your gift of a water buffalo and training in its care can lead a hungry family out of poverty and give them a chance for a bright future filled with hope and free from hunger.

**Gift of a Water Buffalo:  
\$250  
SHARE OF A WATER BUFFALO:  
\$25**





# Pigs as Presents

If you are looking for a gift that will leave your friends, family or co-workers squealing with delight this holiday season, look no further than the gift of a pig and training in its care from Heifer International.

Heifer animals are like living savings accounts for struggling families, and the pig may well be the most interest bearing. Each gift provides a valuable source of protein, income from the sale of offspring, and natural fertilizer to nourish crops and soil.

Pigs need little land and can thrive on crop and garden byproduct scraps. And since an average sow can provide a family with up to 16 piglets a year, many more families will soon benefit as your gift is passed on.



**Gift of a Pig: \$120**  
**SHARE OF A PIG: \$10**



*In Cambodia, 8-year-old Hearn Seyha's family was living hand to mouth until they received the gift of pigs. Now they have a self-sufficient farm.*



# Help Transform the World

**Take a bold step toward ending hunger and poverty with the Gift of Transformation.** As Heifer animals produce milk, eggs, fiber and other marketable products, the entrepreneurial spirit is sparked inside each recipient. Increased milk production means families need pasteurization and bottling plants. Those plants need skilled workers. Cheese products need wrapping and branding. Thousands of eggs produced weekly need transportation to markets and restaurants.

It's a cycle of productivity and employment that grows and endures.

The small businesses and enterprises created by Heifer projects become the drivers of economic development for entire communities. As each family's income increases, other families achieve security and prosperity because of the jobs our projects create. The transformation multiplies until dozens, hundreds, then thousands of families are uplifted from poverty forever.

We invite you to experience an exciting new level of impact by giving the Gift of Transformation today.



**Gift of Transformation: \$100,000**  
**SHARE OF TRANSFORMATION: \$100**



*You turn small-scale farmers into small business owners.*



## Still Fishing For That Final Gift?

With well-stocked ponds of fish fingerlings and training in fish-farming techniques, families can quickly increase their daily nutrition and income. When Heifer fish farmers Pass on the Gift of fingerlings to others in their community, the impact of your support is multiplied even further.

Celebrate the holidays with the gift of fish from Heifer and give new meaning to the old saying, "Teach a man to fish and he will eat for a lifetime."

**Three  
Schools  
of Fish:  
\$300**

**SHARE OF  
FISH: \$30**



*The gift of fish and a fish pond gave 2-year-old Lina Jared Andrade Silva's family more protein in Ecuador.*

## Cooking up a Healthier Planet

For most families in the places where Heifer works, cooking requires gathering firewood by hand for hours each day.

However, a biogas stove efficiently runs off methane gas captured from animal waste. It saves time spent foraging for fuel and helps families prepare food more easily with a clean, reliable heat source.

You can help a Heifer family put more time into their farm when you purchase a biogas stove. Or you can help a whole village by purchasing 20.

**Biogas Stoves  
for a Village:  
\$1,000**  
**GIFT OF A  
BIOGAS STOVE:  
\$50**

## Changing the World Two-by-Two

Here is an opportunity for you, or a great challenge for your company, civic group, club or congregation.

Be an "Ark Angel." The Heifer Gift Ark offers hope worldwide to families who are poor and hungry.

Your generous gift goes right to work supporting Heifer's entire mission. Each family who receives livestock from your Gift Ark will Pass on the Gift of one or more of the animal's offspring to other families who are in need in their community.

Every gift will multiply for years to come. What a wonderful way to bring joy to the world.



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

# An Empowering Gift for Women Worldwide

**Chong Chiva's family was the poorest in her Cambodian village.** She was taking care of her home and children while trying to find work as a tailor. Too often she had no cash. "I had to borrow money from money lenders," said Chiva. "My family was in debt at that time because we needed money for the medications." Her husband, Moch, shouted at Chiva and threatened her, putting all the burden of the home on her.

Then Heifer taught Chiva and Moch about gender equality. "It promotes equal rights, and we have the same share in decision-making for the family," Chiva says. Chiva knows her own worth and demands respect. She and Moch started to make progress together. "I committed to change when I joined the training. I work so hard right now," said Moch.

Now, Chiva is unstoppable. She is strong and confident, and makes important decisions for her family. And she doesn't stop there. She is a leader in her community — serving as both a domestic violence counselor and vice president of the local cooperative. Her goal is to empower other women like Heifer has empowered her.



**Gift of Women's Empowerment: \$25,000**

**SHARE OF WOMEN'S EMPOWERMENT: \$100**

*Chong Chiva is so proud that she provides for her family, thanks to Heifer.*



*Now that Truong is going to school, she is on the path to success.*

## Truong's Success Story ...

**In Vietnam, 10-year-old Truong Thi Kim Ngan** will have a very different life than her mother, who had to stop going to school in eighth grade to work. Her family desperately needed the extra money to survive. "I felt very inferior because my family was very poor," Truong's mother said. But she wanted a better life for her daughter.

That life became possible when the family received gifts of livestock and training in animal husbandry and gender equality from Heifer. Now Truong's desk is plastered with certificates proclaiming her "an excellent pupil," and she can choose her own future.

**Send a Girl to School: \$275**



# MEN AT WORK

IN RURAL RWANDA, A NEW WAY OF  
THINKING HAS MEN STEPPING UP  
TO DO THEIR PART IN THEIR HOMES  
AND THEIR RELATIONSHIPS.

BY **BETHANY IVIE**, *World Ark* writer

PHOTOGRAPHS BY **PHILLIP DAVIS**



## **ARAMBI VILLAGE,**

Rwanda —  
When asked  
to describe his  
relationship  
with his

wife, Sibomana Boniface, 56, simply says, "We are one." And that certainly appears to be true. Sibomana and Nyandwi Beatha, 55, have been married for decades and have a successful farm, a beautiful clay brick house nestled in Rwanda's green hills and six grown children. They are at ease with one another and communicate freely and honestly.

This wasn't always the case. "Before joining Heifer, I was just drinking ... alcohol without caring about anything," Sibomana said. And Nyandwi can attest. She had no help from her husband caring for their farm, their home or

their children. "I was considered as a slave," she said. Any crops she managed to harvest went to feed their family, and she was constantly looking for small jobs to pay her children's school fees and keep the house in order. Life was a constant struggle.

Sibomana openly admits that, during that time, he knew life was difficult for his wife, but he didn't care. "I would just come back home asking for food and if I'm told there is no food I would even beat her." Despite his expectations for a home-cooked meal, Sibomana didn't contribute to the family finances or the farm. Instead, he used any income he earned to date other women and go to bars.

When Sibomana was approached by a neighbor in 2016 and told that Heifer International was asking for volunteers to join a new kind of group, he agreed.







*Nyandwi Beatha and her husband,  
Sibomana Boniface, hold hands  
in Karambi Village, Rwanda.*



**"BEFORE, I WOULD GO ALONE ON THE FARM AND WHEN I WAS HARVESTING I WOULD JUST HAVE THE HARVEST FOR FAMILY CONSUMPTION ONLY. BUT NOW, AS WE WORK TOGETHER, WHEN HE IS EVEN BUSY HE GIVES ME SOMEONE, A CASUAL WORKER, TO HELP ME SO WE TAKE SOME FOOD HOME BUT THE REST IS FOR THE MARKET."**

– Nyandwi Beatha, Heifer Rwanda EPOG project participant



*Sibomana Boniface (right) and his wife, Nyandwi Beatha (left), harvest a cabbage growing on their farm.*

He assumed that he would get a cow. He heard about Heifer before and knew farmers in neighboring villages joined projects and got livestock for their troubles. With a price tag of up to 2 million Rwandan francs (more than \$2,000), he certainly couldn't afford to buy a cow for himself. So, why not see what Heifer was about? He and Nyandwi went together to their first meeting.

To their surprise, they didn't find a cow or even the promise of one. They found that the group only offered Heifer trainings. Though disappointed, Sibomana decided to stay in the group because he suspected that, if he stuck it out, he'd be rewarded with the cow he sought at the end of it all.

"My target to join Heifer was to have access to a cow. We did not know about these trainings and if

someone would have told me about [them], I would not have attended."

### THREE KEYS TO SUCCESS

Nyandwi and Sibomana didn't know it, but they had joined a new breed of Heifer program called an Exponential Passing on the Gift (EPOG) project. Unlike a traditional Heifer project that partners education and training with gifts of livestock and other assets, this new model nixes the animal gift. Instead of providing tangible assets, Heifer helps communities form groups of men and women who are willing to work together to improve their circumstances. Once a group is formed, members set group-wide goals and the trainings begin. Armed with new knowledge, skills and a shift in perspective, project participants pursue sustained,



multi-generational change that benefits entire communities. As opposed to struggling alone toward an unattainable goal, farmers mired in poverty can combine their talents and resources and do things they never thought possible, like purchasing their own livestock, setting up their own kitchen gardens or even providing their communities with





*A meeting of the Giramata Karambi EPOG group located in Rwanda's Nyamasheke District.*

wells. Then, once their goals are achieved, they encourage people to form new groups and pass on their trainings, knowledge and expertise.

At the head of these trainings is Heifer Rwanda Social Capital Manager Xaverine Uwimana. Education is the first goal for any project, she said. "Most of the time, these people, they grow up in their village, they don't go to school and they get married when they are still very young and they have many children. So, those things [may] make them to continue to be very poor."

After education and training, a sense of ownership and responsibility is the next goal. Because this new generation of projects in Rwanda doesn't always include gifts of animals, it's easier for farmers to feel full ownership over their own successes. "In

the past, we [Heifer] gave them what we wanted to give them," Uwimana said. "Now, it's them getting what they want."

Uwimana knows Heifer projects without the heifer — or any other animal — mark a big shift from the model we're all used to. She also knows this new model works. In less than two years, the Rwandan farmers in these projects, once too poor to buy their own livestock, bought 884 pigs.

"Those people, they came from zero and today they have 884 pigs. It's so impressive! So, I know they are going to make a cooperative and they are going to sell their pigs everywhere in the country or outside the country," Uwimana said.

In addition to education and ownership, the next component of success is gender equity. Women shoulder the vast majority of the



*Xaverine Uwimana is the driving force behind Heifer Rwanda's EPOG project.*



**SEE WHAT SIBOMANA AND NYANDWI HAVE TO SAY ABOUT THEIR WORK WITH HEIFER IN THIS VIDEO. GO TO [WWW.HEIFER.ORG/BONIFACE](http://WWW.HEIFER.ORG/BONIFACE)**




**"ONE SPECIFIC THING I CHOSE WAS TO GIVE MY WIFE SPACE FOR DISCUSSION AND FOR ADVICE. THE SECOND THING WOULD BE TO SIT WITH MY FAMILY AND MAKE A PLAN AND NOT GO ASTRAY. SO, ONCE WE PLAN SOMETHING, WE WORK TOGETHER SO THAT WE ACHIEVE OUR EXPECTATIONS."**

— Sibomana Boniface, Heifer Rwanda EPOG project participant

house and farm work in traditional rural Rwandan households. For projects to succeed, men must do their part and challenge their own gender biases while women must learn their own value.

Gender equity trainings go like this. Uwimana opens with two questions: "What do you think of men?" And, "What do you think about women?" Answers from men and women are usually the same, Uwimana said. Men are strong and powerful, while women are weak and "just there to get married." She follows this up with more queries: "Who tends to your farms?" Women. "Who raises your children?" Women. "Who cares for your homes?" Women. And so it goes. Through these questions men start to realize all the work and responsibility their wives shoulder. They begin questioning their view of women as inferior to men.

Uwimana said, "When you ask what he thinks about women, he said he used to think a woman is a slave, for sure. And a woman used to think she is a slave also ... because of the background, because of the education, because of the culture, because of how they're brought up, so that is why you have to help them to change their mind, to change the way they see a woman, to change the way they see a man. They just have to see themselves as human beings who have the same opportunities so that they can work together to complete each other."



*After receiving education in gender equity, Sibomana (left) now helps his wife, Nyandwi, keep up the house and has equal partnership in his home.*

This realization is key, Uwimana said, because unless men step up to help with daily work and responsibilities, their families will remain mired in poverty.

"I think that we keep on being poor because most of the work is done by a woman," she said. "A woman in the house, most of the time she is pregnant and when she is pregnant, sometimes she is carrying another baby and she is the one to clean, she is the one to cook food and that time when she is carrying a baby and she is pregnant, she is also weak, she can't do much. Men, who are very strong, most of them they are not working, and they are the ones who are free and can do a lot. So, they expect women to produce most of the things and yet they don't have time."

### **A DAWNING REALIZATION**

It was questions posed during gender equity trainings that made Sibomana re-evaluate his relationship with his wife. Nyandwi started to notice a difference immediately. He started coming home earlier, he began to help with the farm work and, shockingly, he began sitting down with her to discuss their

finances, asking her opinion and listening to what she had to say.

"One specific thing I chose was to give my wife space for discussion and for advice," Sibomana said. "The second thing would be to sit with my family and make a plan and not go astray. So, once we plan something, we work together so that we achieve our expectations."

Together, Sibomana and Nyandwi have built a farm and a partnership to be proud of. They have a large fish pond that provides them with protein to eat or sell and four newly-purchased acres of fertile farm land. Not only has their nutrition improved, but newfound food security makes them feel stronger.

"Nutrition aside, we are strong because there is food security in our home," Sibomana said. "We have 100 kilograms (about 220 pounds) of beans in the house, stored." They have also harvested and dried almost one ton of cassava, which they will take to market in October.

Sibomana credits his family's newfound success to his partnership with his wife. "There is significant change because we work together in the farm and once we harvest, we know the value of the harvest. Before, we would cheat

# A LIVESTOCK-FREE HEIFER APPROACH

Hang on folks, we're about to get technical. Heifer International is using a new model in some of our projects. The idea behind Exponential Passing on the Gift (EPOG) is the same: give farmers what they need to lift themselves and their communities out of poverty. The only difference is that with this new model, we are not giving away animals or any tangible assets, only trainings and coaching.



Trainings (pictured here) and community-building activities (pictured left) are a part of EPOG group meetings.

## HERE'S HOW IT WORKS:

Groups of 25 to 30 people gather twice a month for trainings on finance, savings and community building. Each group sets a goal for themselves and establishes a savings account into which they all contribute. For example, many EPOG groups in Rwanda's Nyamasheke District, decided that they wanted to raise pigs to meet local demand for good quality meat. One pig typically costs around 20,000 Rwandan francs (about \$21), a difficult sum for a single farmer to raise, but together group members can pool their funds and quickly raise enough to purchase a healthy animal and the materials for a shelter. This process is repeated until every member receives a pig. To ensure that groups have the knowledge they need to succeed in their decided upon endeavors, Heifer Rwanda provides additional trainings, like animal care, as needed and remains on hand to offer coaching and troubleshooting should problems arise. This approach shows people who once thought they would never be able to afford livestock or other expensive assets that any goal is in reach if they work together. Instead of struggling alone, group members can harness their collective strengths and capital and address any challenges that arise. Instead of relying on a tangible gift to jumpstart progress, the EPOG project gives groups the skills they need to build long-term success on their own.

Passing on the gift to others in need is a component of all Heifer projects, and the new model is no different. Project participants eventually become mentors and guide new groups through the same process, sharing the knowledge they have learned and providing trainings. The process can continue indefinitely, with newly trained project participants organizing and training new groups.





*Once, Nyandwi and Sibomana had no chairs in their home because they had no income to buy furniture. Now they have these beautiful wooden sofas on which they sit and talk together.*

each other on the financial side. "

Also gone are the days where Nyandwi toils in the fields alone. She explained, "Before, I would go alone on the farm and when I was harvesting I would just have the harvest for family consumption only. But now, as we work together, when he is even busy he gives me someone, a casual worker, to help me so we take some food home but the rest is for the market."

In addition to changing his personal relationship with his wife, Sibomana is passionate about sharing his newfound view on equality with the others in his

**"IF [MEN AND WOMEN] CHANGE THEIR BEHAVIORS, IT WILL CHANGE THE WAY THEY RAISE THEIR CHILDREN ... AND THAT WILL CHANGE THE SOCIETY."**

– Xaverine Uwimana, Heifer Rwanda social capital manager

community. He said, "I do teach others about this because I want to become a model of change ... I'm also a leader of opinion. So, I do all of that in a way of sensitizing other people to change."

He and Nyandwi both consider themselves advisors for their community and are ready to share an unflinching account of their past relationship with anyone who will benefit from hearing it. They also know that, with the skills they have learned and the newfound group, nothing is beyond their reach, not the cow they originally wanted or even a car.

For Xaverine Uwimana, couples like Sibomana and Nyandwi, alongside countless others involved in Heifer Rwanda's EPOG project, aren't just individual stories of success. They are a rising force that could change the very fabric of the country. Uwimana said, "If [men and women] change their behaviors, it will change the way they raise their children ... and that will change the society." ■



**YOU CAN HELP WOMEN IN RWANDA AND AROUND THE WORLD STEP UP AND LEAD THEIR FAMILIES AND COMMUNITIES. SEE PAGE 27 TO LEARN HOW.**

# 6

## THINGS YOU DIDN'T KNOW ABOUT RWANDA

This year marks the 25th anniversary of the Rwandan genocide, a 100-day killing spree that left more than 800,000 people dead. Also known as the genocide against the Tutsi, this dark chapter is the first thing that comes to mind for many when Rwanda is mentioned.

But there's a lot more to Rwanda than that terrible moment in history. The country and her citizens made impressive, almost miraculous strides in the last quarter-century. Here are six things you probably don't know about the Land of a Thousand Hills.



1

### IT'S VERY SAFE

In 2017, Rwanda ranked as one of the safest countries in the world. Though its proximity to its drastically less peaceful neighbor the Democratic Republic of the Congo is a concern, 83 percent of citizens still report that they feel safe walking alone at night.



2

### IT'S A GLOBAL LEADER IN CARING FOR THE ENVIRONMENT

Rwanda has been a leader in environmental initiatives for more than a decade and has a history of putting the environment and climate change at the heart of their policies, including an unprecedented ban on single-use plastics.



3

### IT'S EXTREMELY CLEAN

It's the cleanest country in Africa, as a matter of fact. This may not seem like much of a wow-factor, but remember that Rwanda is also one of the most densely populated countries on the continent. Rwanda's squeaky-clean streets and parks are thanks, in part, to "umuganda," a country-wide cleanup on the last Saturday of every month.



4

### IT'S HOME TO THE WORLD'S MOST BELOVED ANIMALS

What animal have you always dreamed of seeing in person? Odds are, it lives in one of Rwanda's three national parks. They've got chimpanzees, hippos, giraffes, elephants, leopards, zebras and more than 700 kinds of birds! A third of the world's remaining mountain gorillas live on Rwanda's Mount Virunga, one of the two locations in the world where you can safely visit these endangered apes in person (the other is the Bwindi Impenetrable National Park in neighboring Uganda).



5

### IT'S ONE OF THE MOST BEAUTIFUL PLACES YOU'LL EVER SEE

I don't know what you're picturing in your mind when you think of Rwanda, but let me tell you: it's gorgeous. Smaller than the state of Maryland, Rwanda has a rich geography of mountains, savannahs and lakes (including Lake Kivu, one of the world's deepest). Its frequent rainfall blankets the vast, rolling hills in bright carpets of green foliage and crops of tea (one of the country's largest exports).



6

### IT'S A LEADER IN WOMEN'S EMPOWERMENT

Of the 80 seats in the Rwandan Parliament, 54 are occupied by women. That's 67 percent! Compare that to the United States Congress, where women hold only 24 percent of the seats. While many women in rural Rwanda are held back by unfair gender roles and misogyny, attitudes are shifting and men are taking more responsibility in their homes.





# WHY WE NEED MORE FEMALE JOURNALISTS AT THE U.S.-MEXICO BORDER

BY **ALICE DRIVER**  
ART BY **ALEXA STRABUK**

## EDITOR'S NOTE:

*Alice Driver covers migration, human rights and gender equality for National Geographic, Time, CNN, Longreads and other major media outlets. She is the author of More or Less Dead: Femicide, Haunting, and the Ethics of Representation in Mexico. Born and raised in rural Arkansas, Driver is now based in Mexico City.*

**H**er face is lost in shadows until she peeks out of the opening of the tent. Nayeli is 12, and her voice is at a whisper as she explains why she left Santa Bárbara, Honduras, with her mother and younger sister. “Many bad people harassed my mom.” She pauses, grasping for words, and then says, “Gangs.”

We are in Matamoros, Mexico. According to the U.S. Department of State website, the security situation in the area “is consistently violent and dire. Rolling gun battles between police elements and TCOs [transnational criminal organizations] occur daily.” Because of the level of violence in areas along the migrant trail throughout Central America, migration often gets covered as if







it were a war, sometimes by those who work in war zones, often by men. Stories like Nayeli's, about the people trapped among the violence, can get drowned out.

Nayeli and I are on a strip of land bordering the Rio Grande, and we are surrounded by tents that are filled with asylum seekers like her. The women and girls I meet are happy to talk to me and admit that when they have spoken to other journalists, most of them have been men. Her experience makes sense, considering the numbers.

According to the Women's Media Center study on the Status of U.S. Women in the Media, women write 41 percent of print articles versus the 59 percent written by men, and women present 37 percent of evening

### The gender imbalance in the press pool is reflected in the news we hear.

broadcasts as compared to the 63 percent presented by men. Only 15 percent of foreign policy op-eds in the U.S. were written by women, a study by Foreign Policy Interrupted showed. Women make up about 15 percent of photographers at major media outlets internationally.

The gender imbalance in the press pool is reflected in the news we hear. Male journalists often miss out on important but perhaps seemingly mundane details – issues related to periods, birth control and

bodily autonomy. Often, women and girls are only of interest if they are willing to recount sensationalist violence, to relive trauma in detail.

Female journalists have access to spaces that few men would, and our stories are more nuanced for it. A deeper dive into Nayeli's situation, for example, reveals that she and others have spent months living in tents while they wait to access their legal right to request asylum. Their names are on a waitlist kept by U.S. Customs and Border Protections, but no one knows how long the wait will be. Nayeli does not know when her name will be called or if, upon entering the U.S., she and her sister will be separated from their mother. She does not know that women and girls are being

denied asylum for claims related to gangs and domestic violence.

No part of asylum law dictates that girls and women must spend months in limbo living in a tent in gang-controlled territory where they are at risk for being kidnapped and trafficked into prostitution, and yet that is the reality. Blaine Bookey, a Legal Director at the Center for Gender and Refugee Studies, discussed current U.S. immigration policy explaining, "Having a gender lens on some of these policies and understanding how these policies are disproportionately affecting women and girls is helpful for understanding the larger attack on asylum seekers." The Center for Gender and Refugee Studies has been tracking the effects of Matter A-B, which vacated an immigration court decision to grant asylum to a woman fleeing domestic violence. Bookey described how "judges are relying on A-B to deny asylum," which specifically affects women and children fleeing domestic violence.

If women are underrepresented in journalism, then the LGBTQ community is even more so. Trans women are rarely represented by members of their own community, and their experiences and challenges are often marginalized in the mainstream media. Frequent targets of sexual and violent assault at the hands of men, trans women often shy away from male journalists, leaving their stories untold.

Michelle Pérez Mendoza is 26 when I meet her in 2017 in San Salvador, El Salvador. She is recovering from an assassination attempt with an ice pick. She is a trans woman, and she doesn't believe she will survive the violence and discrimination she faces in El Salvador. I follow her as she migrates to the U.S. and goes through the asylum process, including the seven months she

**If women are underrepresented in journalism, then the LGBTQ community is even more so. Trans women are rarely represented by members of their own community, and their experiences and challenges are often marginalized in the mainstream media.**

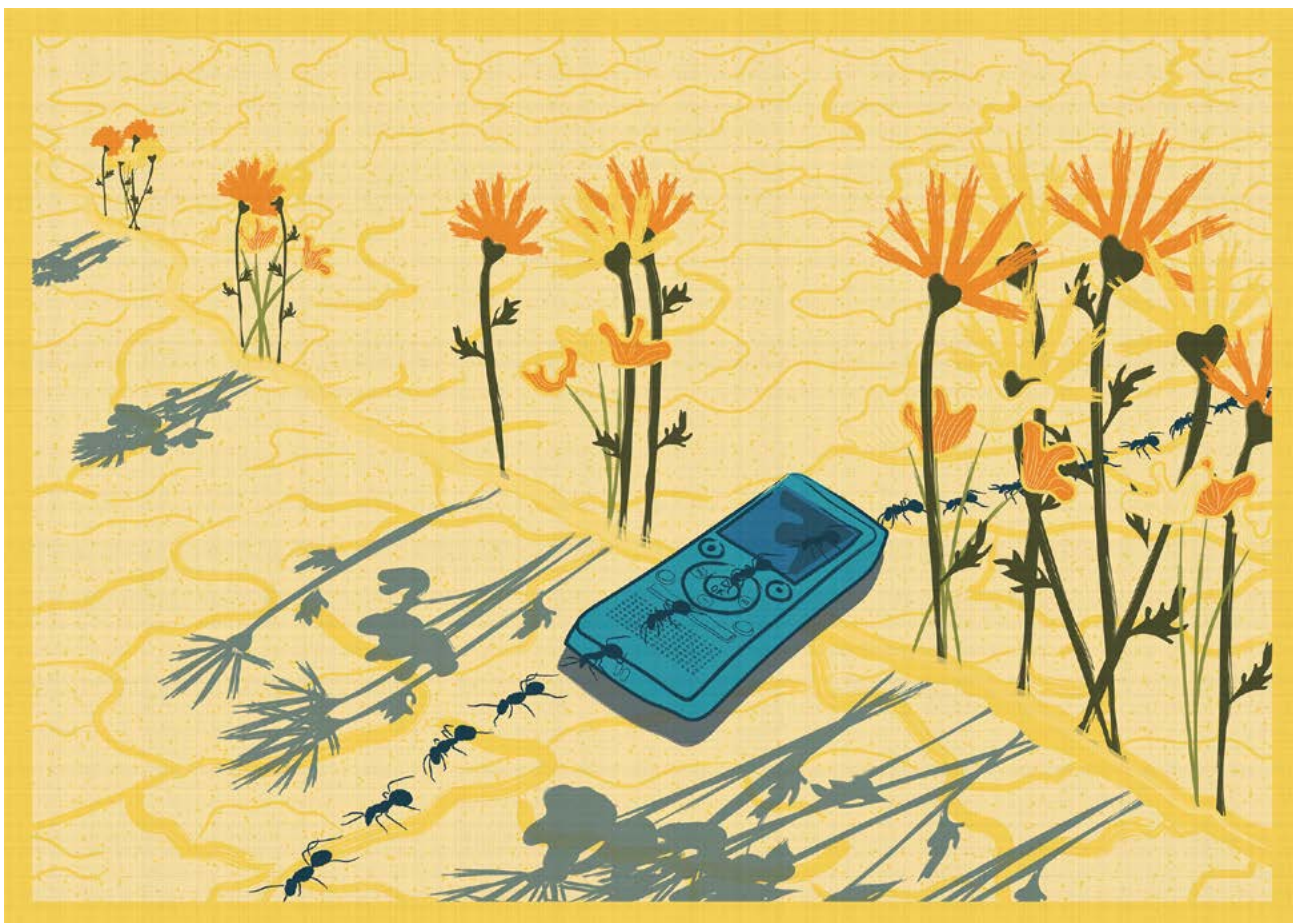
spends in a male detention center. The U.S. Immigration and Customs Enforcement Transgender Care Memo states that the agency will determine a respectful, safe and secure environment for trans individuals including appropriate medical care; presence of staff with special training to work with trans identified detainees; a tailored detention plan as developed by a Transgender Classification and Care Committee; and provisions that the transgender detainee has access to safety, security and proper hygienic needs. This is not the experience that Pérez has in ICE custody. She is granted asylum in 2018, but when I see her, she doesn't want to talk about the violence she experienced in detention. According to Allegra Love, attorney and director of the Santa Fe Dreamers Project, trans women are forced to go to all male detention facilities all over Arizona, Texas and California, where they are at risk of assault or rape. Stories like Pérez's are surprising and important, and they take huge investments of time and trust-building to capture.

Children traveling without parents also need significant investments of time and empathy from journalists. Ana Abigail is 14,

and her sister Genesis Nohemy is 16. They are from San Pedro Sula, Honduras. When I meet them in August 2018 in Reynosa, Mexico, they sit in white plastic chairs in the sunshine near a patch of grass at the Casa Hogar del Niño (Home of the Child), a shelter for migrant children. "He was a kid," Genesis says of her brother, who was murdered by members of the MS-13 gang. Wisps of wiry hair escape from her top knot and frame her face. She explains that two months after murdering her brother, members of MS-13 murdered two of her uncles because the gang thought the uncles would seek vengeance for her brother's murder. "The gangs said we had 24 hours to leave the house or we would all be assassinated," Ana said. She and her sister decided to flee with her aunt and two cousins, but when they arrived in San Pedro Sula, members of MS-13 were there and surrounded their bus. They escaped, and now they hope to reach the U.S. and request asylum. They are not aware of the conditions at detention centers in the U.S. and reports that children are being denied access to basic items like soap and toothpaste.

Jaqueline Bhabha, a professor of the practice of health and human rights at the Harvard School of Public Health and the author of *Child Migration and Human Rights in a Global Age* explained that part of the problem with the way migrant children are being treated stems from the fact that, "The U.S. is the only country that has not ratified the United Nations convention on the rights of the child, which requires states to provide representation for best interests of the child." Bhabha described tactics like immigrant family separation as "the use of human suffering to a political end" and said that such policies showed "levels of disregard for the basic well-being of children." In terms of





reporting on such issues, journalists like myself are unlikely to ever be granted access to visit detention centers, especially those for children. The few reporters who have been granted access have been prohibited from taking photos, walking outside defined areas and speaking to the children. Denying journalists like me access to detention centers has consequences for mothers like Yazmin Juárez, who fled Guatemala with her 19-month-old daughter. The two were held in a for-profit detention center in the U.S. in conditions where her daughter contracted a deadly lung infection, which ultimately led to her death.

Who tells the stories of women like Juárez and girls like her daughter matters and who photographs Nayeli,

**Who tells the stories of women like Juárez and girls like her daughter matters and who photographs Nayeli, Pérez, Ana and Genesis matters. Representation matters.**

Pérez, Ana and Genesis matters. Representation matters. Diane Arbus, who was born in 1923, wrote of photography, "I really believe that there are things nobody would see if I didn't photograph them." And her photos of twins, nudists, dwarfs and trans sex workers prove that

she accessed spaces that the other mostly male photographers of her time either couldn't or didn't want to. You can tell that the subjects are comfortable with Arbus, that she is in conversation with them, respectful of who they are and how they want to be represented.

Migrant women and girls are often photographed and written about as victims of extreme suffering, as was the case of Valeria, the migrant toddler who drowned with her father while crossing the Rio Grande in June 2019. To do these women and girls justice, the media must look to a more diverse group of reporters and photographers, ones who, like Arbus, will take the time to write about and photograph things that nobody else would see. ■

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# Young Artist Raises \$5K

## for Heifer International by Painting Cards

Interview by Jason Woods, *World Ark* editor

With each stroke of her paintbrush, high school freshman Shea Tomac thinks about the people she can support around the world by selling her hand-crafted cards to support Heifer International.

In the last six years, Shea, who lives an hour south of Los Angeles in Corona del Mar, has raised about \$5,000 from her cards. Since she usually makes sure to donate when Heifer is matching donations, the total contribution comes to around \$10,000.

Since the third grade, Shea has been selling her greeting cards during the holiday season. Last year alone, Shea raised \$1,650. This year, her first in high school, she is setting her sights even higher.

"It feels good to know that I'm helping people who don't have as much as I do," Shea said. "For me it's not really work to make the cards. I enjoy the process and then hearing how hundreds of people are being affected by my donations makes me really happy."



Greeting cards from 2013, the first year Shea sold them.

When Shea was 8 years old, her mother, Jill Tomac, bought her some blank cards to decorate as a fun project.

"She's always been really into art," Tomac said.

After seeing the cards, Tomac told her daughter she liked them so much, she would like to buy them to send them to friends and family. Shea responded that she would like to give the money to children who need it.

When she was young, Shea's grandmother had given her a



In 2016, Shea shared her passion for Heifer with her sister's second grade class.

copy of *Beatrice's Goat*, which details the story of how the gift of a goat from Heifer changes the life of a Ugandan girl and her family. So Shea decided to sell enough greeting cards to provide a goat to a struggling family through Heifer International.

With the support of her family, her friends and her elementary school, Shea raised \$120, enough to buy a goat.

The next year, Shea designed a new set of cards and doubled her goal.



*Shea holding a package of her handmade greeting cards.*

Two years ago, Shea's greeting cards served as her bat mitzvah project, so she aimed for a much higher amount, \$1,100. Last year after raising \$1,650, Heifer tripled the donation through a matching program. Making that donation was Shea's proudest moment because it was specifically used to educate girls like her in Heifer projects around the world who would not be able to attend school otherwise.

Every fall, Shea meets with local artist Deborah Allen, who helps her brainstorm new designs and teaches her new techniques she can use for her cards. Last year, she combined acrylic and metallic paint to form a series of California sunsets. To finish painting the 250 cards, she worked every weekend for about two months — around 40 hours total. This year, she's already started working on the theme and designs.

"She wants each card to be her best work," Tomac said. "She prides herself in being an artist."

Tomac said a lot of people have been exposed to Heifer's work through Shea, and that drive has motivated other students to take on philanthropic projects.

"While I'm in high school, I'll continue to sell my cards every holiday season and continue to raise my contribution goals for myself," Shea said. "I would also like to inspire other people to donate to this cause." One way she's interested in doing that is by starting a Heifer club at her school.

Her mother said that Shea's huge heart is what motivates her.

"I think it's who she is," Tomac said. "As a family, we promote

kindness and compassion toward others. And also, through religion, through Judaism, it's one of the pillars of what you do. But in large part, that's just who Shea is. It hurts her to see people who are struggling."

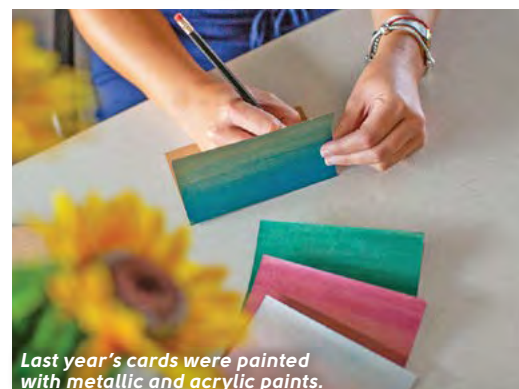
This year, Shea will be selling her cards at the Corona del Mar Artisan Fair and around the community. If you're not in the area and are interested in buying a set of hand-painted greeting cards from Shea, contact us at **[worlddark@heifer.org](mailto:worlddark@heifer.org)**. A set costs \$25, plus shipping. All profits benefit Heifer International. ■



*Proceeds from Shea's cards are donated to Heifer programs.*



*The theme for the 2018 cards was California sunsets.*



*Last year's cards were painted with metallic and acrylic paints.*





# Book binding: Reading our way back together

By Austin Bailey, *World Ark* senior editor

Watchers of politics and society at large surely noticed the hungry chasm between inclusion and division threatening to swallow up the United States in 2019. Immigration polarized a populace already sliced and diced by issues of race, economic disparity and the urban/rural divide. And the enmity filtered into every corner, like sand in the sheets. Whether we're more divided than ever or just paying more attention to it is up for the pundits to quibble over. In the meantime, it's worth noting that clashes over Confederate statues rage on across the country and parents and doctors go toe-to-toe in the vaccine debates. Good luck finding anywhere to escape all the anger and charged rhetoric: Even the once close-knit crafting community needs darning after populists and progressives took their battle to Ravelry, a social media platform for the yarn-obsessed (and no longer a safe space for white supremacy).

Whether you're retreating to your corner after a few rounds in the pen or simply watching in dismay from the stands, you could probably use some quiet reading time. And maybe you want some guidance on how to navigate the fervent divisions by which

this calendar year will surely be remembered. Luckily, plenty of authors are stepping up with books about the challenges and perks of diversity in race, nationality, religion and sexual orientation.

The immigration question, arguably the most divisive of them all, factors heavily into Heifer International's work. Heifer's projects in Guatemala, Nicaragua, Mexico, Honduras and Haiti all aim to help families make a go of it at home. Project participants are growing coffee and cardamom, distilling artisanal mezcal, dyeing cotton and otherwise cultivating agricultural and small-business opportunities so people don't have to leave their families behind to find work in other countries. Still, an untold number of families without such opportunities find themselves with little choice but to leave, and people in the United States must decide how, or if, we will take these families in. Europeans face the same question as immigrants from the Middle East and North Africa continue to arrive.

The 10 books listed here, a mix of fiction and nonfiction, explore the migrant experience in different parts of the world and from multiple points of view. Any would be delicious food for thought for readers starved for understanding

about the tensions and divisions at our holiday tables, on social media and across the country at large. Some of these books will fit nicely on your holiday shopping list, and some of them you might want to gift to yourself.

## ***On Earth We're Briefly***

***Gorgeous* by Ocean Vuong**

A Vietnam origin story written from Connecticut, this short novel earned loads of attention and praise upon its June debut. The book is written in the form of a letter from a son to his illiterate mother as an attempt to make sense of his upbringing shaped by mental illness, cultural isolation and salvation in education.

## ***Our Women on the Ground:***

***Essays* by Arab Women**

*Reporting from the Arab World*  
Rockstar journalist Christiane Amanpour pens the foreword to this collection of essays by female journalists blazing new trails in the Middle East. Much like Alice Driver, a female journalist covering the U.S./Mexico border who is featured on Page 46, the journalists in *Our Women on the Ground* overcome sexual harassment, physical threats and other obstacles unique to their gender to capture what would otherwise be the untold stories

of girls and women in a culture that keeps them under wraps.

**Good Talk: A Memoir in Conversations** by Mira Jacob

This quirky, charming and poignant graphic novel by an Indian-American writer married to a Jewish man and raising a biracial son spotlights the unique tensions in interracial families.

**This Land is Our Land: An Immigrant's Manifesto**

by Suketa Mehta

Born in India and raised in New York City, the author worked for years as an international journalist and witnessed anti-immigrant backlash around the globe. Mehta surmises that colonialism and inequality have made immigration inevitable, and that we need immigrants for our economy and society to flourish.

**The Ungrateful Refugee: What Immigrants Never Tell You** by Dina Nayeri

There are more than 25 million refugees in the world, and author Dina Nayeri wants readers to know what their experiences are like. Herself a refugee from Iran who fled at age 8 and grew up in Oklahoma, Nayeri pushes back on the characterization of asylum seekers as criminals and troublemakers by sharing individual stories of people who have to escape their own homes.

**The Refugees** by Viet Thanh Nguyen

By the author of the Pulitzer Prize-winning novel *The Sympathizer*, this short story collection

published in 2017 explores immigration, family and identity.

**Exiled: From the Killing Fields of Cambodia to California and Back** by Katya Cengel

This biography follows four families facing deportation 40 years after their arrival in the United States. Cengel traces their paths of escape from torture and war in Vietnam and Cambodia to their struggle to build new lives on the West Coast.

**The Beekeeper of Aleppo** by Christy Lefteri

This book follows an artist and her beekeeper husband who escape war-torn Syria in hopes of rejoining family in England. Although it's a work of fiction, the author draws material from two summers spent volunteering at a refugee camp in Athens.

**A Grain of Rice** by Nhung N. Tran-Davies

A 13-year-old and his family flee Vietnam after the fall of Saigon in this book for young adults based on the author's real experience.

**Manuelito** by Elisa Amado

Surging violence in the Guatemalan countryside convince the title character's parents to send him to live with his aunt in the United States in this graphic novel geared for readers ages 12 and up. Manuelito journeys through Mexico by bus and across the border seeking asylum. The author, a longtime advocate for migrant children, sheds light on the experiences of the thousands of children fleeing danger in Guatemala, El Salvador and Honduras. ■







PHOTO BY PHILLIP DAVIS

“The biggest change that I noticed is that now I am working together with my husband. We were reminded how a couple should live in harmony, how they should love each other.”

– **Bihoyiki Marry Rose, Heifer Rwanda farmer**

Through Heifer trainings, Bihoyiki Marry Rose and her husband, Nsengiyumva Fidel, have learned how to improve their harvests, purchase their own livestock, and boost their finances and health. The biggest improvement they’ve noticed, though, is in their relationship with each other. Thanks to participatory training from Heifer Rwanda, Bihoyiki and Nsengiyumva rethought their views on traditional gender roles.

For Nsengiyumva, that means helping his wife with tasks that are usually thought of as “women’s work,” like caring for the children and tending the crops. “We were not helping each other,” Nsengiyumva said. “One would have his task and the other would have her task.” Bihoyiki added, “[Now] when I am out doing some other business, he can take care of the kids.”



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For information on annuities or other ways to support Heifer through the Foundation, please contact Debbie McCullough at 501-907-4922 or [Debbie.McCullough@heiferfoundation.org](mailto:Debbie.McCullough@heiferfoundation.org).






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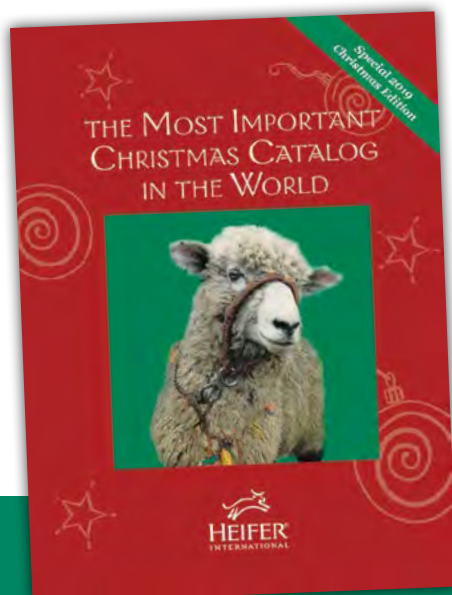
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# Give a Life-Changing Gift This Holiday Season



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THESE THE MOST  
IMPORTANT GIFTS  
IN THE WORLD,  
THEY ARE ALSO  
TAX DEDUCTIBLE.**



In India, a gift of a goat meant that 6-year-old Mahima's family could earn money and have three healthy meals a day.

**SEE THE CATALOG ON PAGE 27 OR VISIT  
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