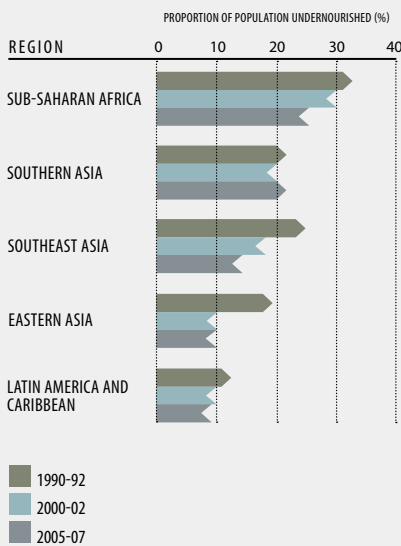


# WORLD VISION *news*

IN FOCUS

## HOPE FOR HUNGRY

Last year's global economic crisis caused the number of malnourished to exceed 1 billion. But long-term trends indicate the proportion of hungry people in the world is actually declining in most regions.



Source: United Nations Millennium Development Goals Report 2010



## VOICING THE VISION »

*“At the end of the day, as we complete our business, we need to ask: ‘Did we move people in the direction of the kingdom? Did the good news of the gospel emerge out of our work?’”*

—BOB SEIPLE,  
WORLD VISION PRESIDENT 1987-1998



## Goats Bring Smiles

*A herd of goats transforms a family's fortunes.*

**ABOVE** | Goats help Myo thrive.

BY WAH EH HTOO

**D**elighted father U Aye Ko has every reason to be proud whenever he looks at his 6-year-old son, Myo Myat Aung, growing steadily and in good health. The secret, he says, is that for the last two years, Myo, 6, has consumed goat milk.

That's made Myo something of a pioneer in San Su Mye, central Myanmar, where until recently, villagers didn't fully understand the nutritional benefits of regularly drinking milk.

Myo switched to the healthier diet when his father received 20 goats from World Vision. At the time, U Aye was supporting his four children by working as a farm laborer, earning a daily income of 500 Kyats (about 50 cents).

With careful husbandry, U Aye has managed to more than double his flock, and in addition to getting milk, he can make a good income by selling surplus goats and goat manure.

“I could not send my two grown-up children to the high school because we were struggling to find enough money for our daily meals, but now I will send my two younger children to high school,” he says. ■

» To give a family a goat this Christmas, see the back page of this newsletter.

## WHAT'S INSIDE

pg 2 | Tree of Life  
pg 5 | Goodbye to Hunger

pg 6 | Club Mango  
pg 7 | Bright Idea

# Tree of Life

*The moringa tree promises a brighter future for drought-prone Niger.*

BY DJIMTE SALOMON AND ANDREA PEER

In Niger, rains have failed for two years running, and families have watched their crops turn from lush green, to yellow, to brown. Poor harvests have caused 1.5 million children under 5 to suffer from malnutrition.

But amid the devastation some villages are thriving, and their success is hinting that there could be a brighter future for Niger. The reason for hope is the moringa tree.

The moringa tree is robust, easy to grow, and drought-resistant—perfect for Niger. Traditionally, people have eaten moringa leaves only as a last resort, when all other crops have failed. But armed with new scientific data, World Vision is encouraging full-time cultivation of the tree.

Scientists have discovered that moringa leaves contain twice the protein of yogurt, four times the vitamin A in carrots, four times the calcium in milk, and seven times the vitamin C in oranges. “Moringa really helps children who

are malnourished, and you can use it to prevent malnutrition,” says Soulkeymane Ousmani, World Vision’s nutrition specialist.

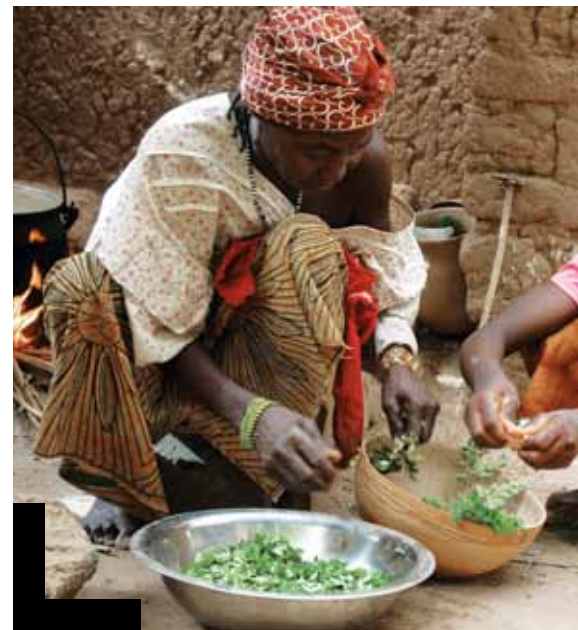
One who is sold on the idea is farmer Adamou Yassi, 57. Formerly, his staple crop was millet, but it does poorly in dry weather. “This year, many families jumped into the lean season soon after the harvest period. They did not get even one bunch of millet,” he says.

So Adamou decided to concentrate his energies in the village’s moringa nursery, built with the help of World Vision. “I am now adopting this plant as my cash crop,” he says. “Every week, I get at least 7,500 francs [about \$14] from the sale of moringa leaves. This is enough money to provide three meals a day for my children.”

Adamou is helped in the nursery by his children—Rachidatou, 15; Zoueratou, 13; and Mohammadou, 11—who share their father’s enthusiasm. “I help in watering the

garden, because their green leaves are very delicious food for us,” Rachidatou says.

“Moringa is also good for stomach trouble and malnutrition,” she adds. “There are few people having stomach problems in the village since we have started eating moringa.” ■



DJIMTE SALOMON/WORLD VISION (3)

## FROM THE PRESIDENT



A Winter scene drawn by a Romanian child.

## Celebrating Children »

When my children were small, they often brought home art projects they’d made at school. Around Christmas, they’d make ornaments featuring stuff like dry macaroni glued to Styrofoam or felt, covered in glitter or sequins.

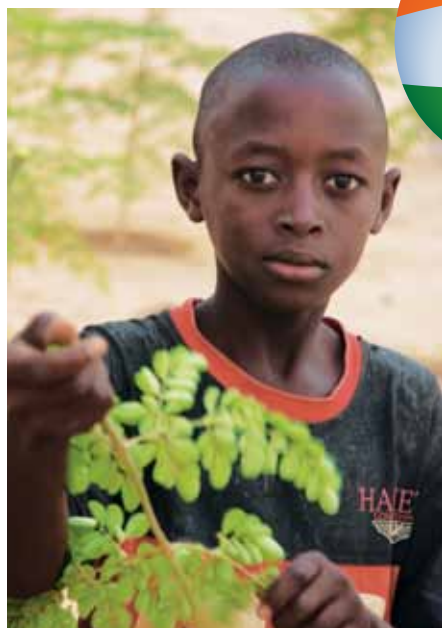
From an aesthetic point of view, these creations were goofy-looking. But because they came from our children, René and I hung them proudly on our tree. In fact, we saved



**FACING PAGE |**  
**Adamou's family**  
**prepares leaves for**  
**cooking.**

**LEFT | Zoueratou**  
**(left), Rachidatou, and**  
**Mohammadou water**  
**their moringa plants.**

**BELOW | Mohammadou**  
**with a moringa branch.**



## VITAL COMPARISONS

	NIGER	UNITED STATES
Population	16 million	310 million
Life Expectancy	53 years	78 years
Annual per capita income (\$US)	\$700	\$46,400
Children under 5 underweight	44%	2%
Infant mortality per 1,000 births	167	8
Years spent in school	4	16

many of the things our five children brought home over the years.

Sadly, children living in poverty often don't get many opportunities to feel special. Their parents are focused on survival—with little attention left over to encourage or celebrate their children. That's why child sponsorship is one of the best ways I know to affirm a child who sorely needs it. When a person faraway writes a letter or sends a card to such a child, they learn that someone cares about him or her. That's priceless.

If you have not yet considered sponsoring a child, may I invite

you to do so this Christmas? You can fill out the form between pages 4 and 5 or sign up online at [worldvision.org/newsletter](http://worldvision.org/newsletter).

As you care for children in need, I imagine God hanging that "art project" on his wall, rejoicing in your labor of love that contributes to the masterpiece of his kingdom. ■



# What Works

*The world had been making progress toward the Millennium Development Goal of halving, by 2015, the proportion of people who are undernourished. Progress stalled during last year's global economic crisis, which led to lower incomes and higher food prices. The good news: Progress achieved up to 2009 demonstrated that hunger can be successfully beaten by a variety of strategies—many of which World Vision employs in programs around the world.*

## FOOD AID »



During a crisis, World Vision distributes food rations to families and provides special care and feeding for malnourished children and other vulnerable groups.

## HEALTH CARE »



World Vision trains community health workers to monitor children's weight and height and provide nutritional supplements.

## AGRICULTURAL ASSISTANCE »



World Vision introduces drought-resistant crops, encourages crop diversification, and provides expertise in more advanced farming techniques.

## SCHOOL FEEDING »



Meals for students serve as an incentive to keep children in school. A full stomach helps students concentrate and learn.

## NUTRITION EDUCATION »



World Vision helps teach parents the importance of feeding their children foods that contain essential vitamins and nutrients.

## ACCESS TO MARKETS »



By identifying and providing resources for marketable produce, World Vision helps farmers earn a stable income for their families. ■

## ON THE GROUND



JUSTIN DOUGLASS/WORLD VISION

“**The food distribution** is restoring hope to beneficiaries. Although they are suffering, they know that we care about them. We also build relationships and trust with community leaders, other non-governmental organizations, and with the government. There is a strong sense of unity; it is amazing. Ultimately, this will strengthen long-term development. My family [in Sierra Leone] feels that they are part of helping those in a desperate situation. My sons miss me, but they know that as I do this work I am making the children of Niger happy. I find a lot of fulfillment and reward in my work.” ■

—IBRAHIM JALLOH IS WORLD VISION'S FOOD AID MANAGER IN NIGER, PART OF THE TEAM RESPONDING TO THE CURRENT HUNGER CRISIS.



COURTESY TAPPHI WEBER

## MY STORY

**Name:** Ben Weber

**Occupation:** Home-School Student

**Home:** Firth, Neb.

**Program:** Gift Catalog

**Buzz:** When 10-year-old Ben Weber learned of the desperate need for clean water in Africa via World Vision's Gift Catalog, he decided to fund a deep well. The price tag, more than \$13,000, did not put him off. He got together a group of friends to form "Agua for Africa." Ben speaks in churches about the well project and has proved an effective fundraiser. He sometimes hands out water bottles to his listeners and asks them to fill them up with loose change. So far, Agua for Africa has raised more than \$11,000. ■

*"You know what? I don't want people to have to drink that dirty water."*

—BEN WEBER

» **To give a life-changing gift through the Gift Catalog, see the back page or go to [www.worldvision.org/newsletter](http://www.worldvision.org/newsletter).**

## VISIT WORLD VISION

HEIDI LENSSEN/WORLD VISION



The interactive Visitors Center at World Vision's Federal Way, Wash., headquarters takes guests of all ages on a journey through World Vision's worldwide ministry. It features compelling displays, stunning photos, and audio and video presentations. For information, call (888) 953-2484. ■

# Goodbye to Hunger

*Better farming methods transform a family's fortunes.*

BY ALAIN MWAKU

For many years, mother of seven Therese Buteka, who lives in Kipushi in the Democratic Republic of Congo, has struggled to feed her family. Things got especially bad when her husband lost his job 10 years ago. They tried to survive by growing their own maize and potatoes.

Their efforts yielded little. There was no money for basic school supplies or to buy other protein-rich foods to ensure a balanced diet. Therese's children suffered from malnutrition and became vulnerable to diseases such as anemia, malaria, and typhoid fever.

"I remember one time, we lived a total of four days without eating anything, and as a result we began to feel dizzy and weak," Therese recalls. Therese could not produce any breast milk, and her infant son Kalembe cried most of the time.

The family's situation improved when they started to benefit from an agricultural program run by

World Vision's Kipushi development program. They learned new techniques in plowing, sowing, hoeing, and fertilizer use. Their first try using the new methods led to a bumper maize harvest. Maize is used to make *bukari*—the principle staple food in southern Congo.

It was just the encouragement Therese needed. The following year, she planted more seeds and enjoyed even more spectacular results. "Now we have enough food in stock to last for the whole period until we reach the next harvest," she says, adding that she will sell their surplus maize to buy other household items.

Theresa's daughter Eunice, now in the ninth grade, says, "We eat *bukari* twice per day, and before going to school, we eat porridge."

Theresa's children are now much healthier, and all are in school. "My children and I will never again go to bed on an empty stomach," she says. ■



ALAIN MWAKU/WORLD VISION

# Club Mango

*Women's groups stave off hunger and make money.* | BY DJIMTE SALOMON

**A**s a widow living in rural Chad, Tideita Pauline has often struggled to feed her five children, especially because her village in the southern Logone Oriental region suffers from erratic rainfall.

But one commodity in plentiful supply is mangoes. "Everywhere you go in our village, you will find hundreds of mango trees that produce fruit four months in a year," she says.

Villagers could eat the mangoes when they were ripe, but they would go hungry when the fruit began to spoil.

So three years ago, World Vision selected enterprising groups of women in the village and sent them to a mango fruit-drying course in the nearby town of Doba. The women also received 16 solar driers, along with plastic mats, water basins, and knives—tools necessary for the drying process.

One of the women's groups is called Djara-koo, meaning, "Let's give it a go," and that is just what they have done. Sitting together in

groups, the women wash and peel the mangoes before carefully slicing them into golden-yellow strips. These slices are spread out on large, circular mats and placed inside solar driers for about 48 hours.

Group secretary Ndolitha Marie Rose says the women have adopted high standards for hygiene and quality, and their dried mango slices now sell in Doba for good prices. In 2008, they made 100,000 francs

(about \$200); they made twice that last year and are expecting an even stronger result in 2010. The cash can be used to buy bags of rice to supplement families' diets during lean periods.

Naturally, not all the dried mango slices are sold. "We will make sure that we keep some in the house. They can be eaten as biscuits by the children during the lean season," Ndolitha says. ■

**BELOW | Mango slices are placed in a solar drier for up to 48 hours.**



DJIMTE SALOMON/WORLD VISION

## *A Quarterly Newsletter for Friends of World Vision*

Volume 14 • Number 1 • Winter 2010

President . . . . . Richard Stearns  
Editorial Director . . . . . Milana McLeod  
Editor-in-Chief . . . . . Jane Sutton-Redner  
Senior Editor . . . . . James Addis  
Associate Editor . . . . . Ryan Smith  
Photo Editor . . . . . Jon Warren  
Photo Researcher . . . . . Abby Metty  
Production Manager . . . . . Karen Latta  
Intern . . . . . Beth Douglass  
Design & Production . . . . . Journey Group, Inc.

**WHO WE ARE |** World Vision is a Christian relief and development organization dedicated to helping children and their communities worldwide reach their full potential by tackling the causes of poverty.

World Vision News, a free quarterly newsletter, informs donors and friends about World Vision's ministry in nearly 100 countries. In an effort to be careful stewards of our resources, this publication costs about 43 cents a copy to produce. If you have any questions or comments, or if you want to stop receiving World Vision News, call toll-free: (866) 953-2484. Please send address changes at least 30 days before moving and enclose the

address label clipped from a current copy or return envelope.

All Scripture quotations, unless otherwise indicated, are taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION®. NIV®. Copyright ©1973, 1978, 1984 by International Bible Society. Used by permission of Zondervan. All rights reserved.

Copyright © 2010 by World Vision, Inc.

E-mail address: [wvmagazine@worldvision.org](mailto:wvmagazine@worldvision.org)

**CORRECTION:** In Autumn 2010, the population of Mexico is 111.2 million.

# Bright Idea



**E**thiopia is known as a country with 13 months of sunshine a year, and Bilile Gurmu is putting all that sun to good use. After receiving a solar cooker from World Vision, Bilile cooks with solar energy instead of over a fire. The cooker's large, reflective surface turns light energy into heat, so firewood is not needed. That's good for her children's health, since breathing in fumes from smoky fires is a major source of respiratory illness. Moreover, using firewood is bad for the environment and time-consuming to find. "We used to go around looking for firewood," Bilile recalls. "I would look for three to four hours a day." The new cooker offers other benefits. "The food now has no smoke; our clothes don't smell like smoke. We use it any time we want. [Before,] I only cooked once a day. Now we can eat more," Bilile says. ■

## WRAP UP A GOOD READ »

### INSPIRING BOOKS FOR THE HOLIDAY SEASON.

#### **Outlive Your Life: You Were Made to Make a Difference**

*By Max Lucado*

Max Lucado challenges readers to make a difference in the world that will last beyond our time on earth.

[www.familychristian.com](http://www.familychristian.com)



#### **The Hole in Our Gospel**

*By Richard Stearns*

World Vision U.S. President Richard Stearns poses the question, "What does God expect of us?" The answer changed his life and might change the world.

[www.worldvisionresources.com](http://www.worldvisionresources.com)



#### **Warrior Princess: Fighting for Life with Courage and Hope**

*By Princess Zulu*

Princess Zulu has gone from a dusty Zambian village to speaking at the White House and the United Nations on bringing hope to those with AIDS.

[www.princesszulu.com](http://www.princesszulu.com).

Schedule Princess Zulu to speak:

[www.worldvision.org/speakers](http://www.worldvision.org/speakers)



#### **The Good Garden: How One Family Went from Hunger to Having Enough**

*By Katie Smith Milway*

*Illustrated by Sylvie Daigneault*

This moving story for children shows how new knowledge about tending the land with care can transform the plight of the poor.

[www.thegoodgarden.org](http://www.thegoodgarden.org) ■



# Christmas Gifts That Really Count!

Please select a gift below, clip this coupon, and mail in the envelope between pages 4 and 5.

If you have questions, comments, or a change of address, you may call toll-free: (888) 953-2484.

## 1. Please select your gift(s)

[Quantity]/Item	Donation \$	Gift Card?
<input type="checkbox"/> Two Chickens (\$25)	_____	Y / N
<input type="checkbox"/> Goat (\$75)	_____	Y / N
<input type="checkbox"/> Share of a Well (\$100)	_____	Y / N
<input type="checkbox"/> Help for Exploited Girls (\$35)	_____	Y / N
<input type="checkbox"/> Maximum Impact Fund (\$40)	_____	Y / N
<input type="checkbox"/> 2010 Holiday Catalog (free)	_____	Y / N

## 2. Select your method of giving

- Please bill my debit card/credit card  
 Visa  Mastercard  AmEx  Discover  
 Card number on file

Card #: \_\_\_\_\_

Expiration date: \_\_\_\_\_

Name on card (please print): \_\_\_\_\_

Signature: \_\_\_\_\_

- Check payable to World Vision

SOURCE CODE: 1059540

Published by  
World Vision, Inc.  
P.O. Box 70172  
Tacoma, WA 98481-0712

Nonprofit Organization  
U.S. Postage  
PAID  
World Vision

PLEASE UPDATE YOUR ADDRESS IF NECESSARY:

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

**World Vision**  
Building a better world for children

W W W . W O R L D V I S I O N G I F T S . O R G



## This Christmas, give a gift to a child in need!

### TURQUOISE THAI BRACELET »

Make a donation of **\$40** or more to the Maximum Impact Fund and you will receive this delightful bracelet.



**TWO CHICKENS** A lasting source of nutrition and income. Fresh eggs raise the levels of protein and other nutrients in a family's diet. **\$25**



**GOAT** Goats nourish hungry children with milk, cheese, and yogurt. They also boost families' incomes through the sale of offspring and dairy products. **\$75**



**SHARE A WELL** Provide life-giving water to families in need. Your gift will help drill a well. **\$100**



**HOPE FOR SEXUALLY EXPLOITED GIRLS** Your gift will offer girls medical care, education, counseling, and, where possible, reintegration into a loving family. **\$35**