



Organization Name: Health In Harmony
Program Title: Goats for Widows
Grant Amount: \$33,000
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Goals: * Provide marginalized female-headed households a reliable source of income, while serving the larger community's increasing need for organic fertilizer.
*Establish organic farming as an alternative to the traditional practices that degrade and destroy the existing rainforest; and provide more inputs in the form of manure to produce compost.

Findings and Overall Outcomes

The program will have exceeded expectations in terms of accomplishments and expanded learning with the primary goal achieved.

Challenges, such as finding a new Goat Keeper, as the program grew and its former staff leader was promoted, became opportunities. ASRI, committed to designing solutions in and with community, reached out through its Kepala Desa (Village Leader) and Forest Guardian network to recruit a new Goat Keeper. As a result of leadership and community acclaim developed through previous organic farming training and the formation of organic farm cooperatives, Ibu Setiawati became ASRI's new Goat Keeper. Ibu Setiawati had served as the Secretary of the Blue Diamond Organic Farming Cooperative made up of approximately 15 families. Today, she helps oversee a growing number (82 at last count, for a total of 127 goats) of goat-owning widow-headed families.

Since receiving the DFW grant, 46 widow-headed households have been added bringing the total number of goat-owning households to 82. Plans to place goats in a total of 100 households have been limited by the number of goats available for purchase. Plans call for distribution of an additional 23 goats within the next quarter that will replace 10 goats that have died.

One of the systemic challenges has been insufficient local knowledge about animal husbandry and poor quality veterinary care that has led to incidents of mortality in the goats given away. A total of 64 goats have been sick this year; 10 have died as noted above. We are working with two US based veterinarians, one of whom is an Indonesian-speaker seeking grant funding from his organization to come to Sukadana and train the local veterinarian and the widows. In the meantime, however, volunteer veterinarian Dr. Jeff Wyatt of the Seneca Park Zoo and University of Rochester is committed to a two-week herd assessment in August 2013 and HIH Board Member, Darin Collins, Chief of Vet at the Woodland Park Zoo is working with HIH and ASRI to develop a longer-term approach to developing animal husbandry capacity. It is expected that there will be a program in place to better support animal husbandry issues within the next year, or less.



Challenges also included the growth of the program following the DFW grant. Expansion raised the need to accept the imperative of hiring an individual to engage in the complicated process of locating goats for purchase, sometimes far away; wrangling, transporting and delivering goats to selected households; and, eventually receiving additional training in animal husbandry to assist in maintaining the health of the goats. A member of the team, Mr. Jilli, who helped to establish the program, accepted this role. His mother is a widow and he understands fully what it is like for these women and their children since he has experienced it himself. Mr. Jilli and Ibu Setiawati suggested that the strategy of attempting monthly purchases and transport of goats did not make good sense and suggested instead that the funding for goat purchases be spent up front for as many goats as could be procured and transported that would be purchased with the DFW grant. As it turned out, the cost for transporting the goats was somewhat higher than budgeted but It is fair to say that the cost of transportation monthly would have been higher as it turned out plus would have taken more staff time. To the extent practical in the future, ASRI would bundle funds and make larger purchases of animals at one time as both a time and cost saving strategy.



As it became clear that additional time was needed to develop a large enough circle of widows in close proximity participating in the program to establish 15 Care and Feeding Coordinators called out in the budget, funding was directed to cover the higher transportation costs and Mr. Jilli's role as critical to the success of the program if goats were to be successfully identified, selected and transported with additional investment over the course of the next year in developing greater animal husbandry and veterinary capacity.

The program has continued to grow under Ibu Setiawati and Mr. Jilli's leadership: A total of 22 goats have been returned to ASRI by widows in the program to gift to new widows, 9 have been sold to provide family income, and 15 baby goats have been born. Between the 22 goats "returned" and the plan to purchase another 23 goats, ASRI will have effectively placed 46 goats in 23-30 households bringing the total number of goat-owning households to just over a 120, exceeding expectations and grant objectives. (Note: In some cases, a widow may get only one goat because another widow in the village has a Billy or male goat that can provide fertilization. This collaboration and sharing of community resources is encouraged in order to extend the program's benefits to more households.)



Perhaps the greatest unexpected event was the Dining for Women journey to ASRI that brought twelve women from DFW chapters across the United States to Sukadana where they participated in giving ten goats to widows who had been selected to participate in the program. Words hardly can describe the day women gathered to share and receive the gifts that transform hearts and lives. That day it is hard to say how many lives were touched: hundreds would not be an overstatement. We've shared video from this day as well as an interview with one of the widows to better tell the story. The program's goal that it is well on the way to achieving is placement of goats with 90 goat-owning families. Assuming there are 2-5 children per family, there is an immediate impact on nearly 550 individuals. There is a "concentric ring" impact on hundreds more than benefit from the goat manure's use as compost for organic farming.



Information on grant achievements was gathered from observation, spread sheet tabulations and surveys. The program is on-going and self-replicating as widows participating in the program for the first time are obligated to gift their first kid or baby goat to another widow through ASRI's program. As a result, from the initial set of 71 goats given away as of the end of 2012, there are now 109 goats in the community. DFW's generous grant will add to that exponentially as noted above. Also, 10 widows are now using the goat's manure to make compost for their own organic gardens!



Budget

Health In Harmony		
ASRI's Goats for Widows		
Completion Report 2013		
Budget / Timeline		
Item	Amount	Activity
Goat Keeper	3,700	Worked directly with Kepala Desas (Village Leaders), Forest Guardians, Conservation Education/Outreach staff and farming assistant to identify new participants, support existing goat-owning families, facilitate preparations for receiving goats (a shelter must be built to approved standards and then the shelter approved for use; plus, the widow must make or bring a rope used to tether and lead her goat(s).) Ibu Setiawati will also be receiving training in basic veterinary care for goats (instructed in identifying symptoms, giving shots and other medications as needed).
Goats, Shots, Training	21,550	Expenses for selection, purchase and transportation of goats, care and feeding for prior to distribution; necessary shots and training in basic goat care

Outreach and Conservation Education Coordinator	2,283	Collaborates with Kepala Desas, Forest Guardians on community conservation education and outreach presentations to ensure the 30 villages surrounding the Gunung Palung rainforest are aware of the Goats for Widows program, how it operates and how participants are selected. Village outreach events are a weekly occurrence. Also participates in all trainings offered for widows whether focused on goat care or organic/kitchen gardening using this experience to also develop relationships with the widow's children and involve them in ASRI Kids, a year-long after school conservation education program. (Note: the DFW group that visited, got to meet and enjoy a presentation from ASRI Kids developed by Outreach and Conservation Education Coordinator Ety Rahmawati.)
Local Transportation & Materials	2,500	Transportation to trainings and follow-up visits. Note that many of the villages where the Goats for Widows program operates are 2 to 10 hours away by 4-wheel drive over exceedingly rough roads. This category also includes the purchase of needed supplies for goat transportation (plastic woven burlap bags) and ropes.
Organic Farm Assistant/Goat Handler (Jilli) AKA: Kitchen Garden Coordinator & Farming Coordinator	2,567	Organizes and handles process of identification, wrangling, transportation of goats; provides assistance in training in organic farming to participating women by involving them in the ongoing training sessions and improve the systems for these women to sell manure to the organic farming groups.
DVD Production of Goats for Widows Film	400	Informational video on the Goats for Widows program developed
Total	\$33,000	

Sustainability

The program enables its participants to take on a leadership role over time, in promoting the program and extending its benefits to additional households in the community. The women who



participate have full decision-making authority to provide baby goats to other women, on a delayed repayment schedule. Nevertheless, ASRI will continue to purchase and distribute additional goats, until the program becomes fully self-sustaining.

As Goats for Widows grows and more widows make use of the manure for compost, *all* the farming households in the community will benefit from having a source of fertilizer. About 100 villagers have started organic farms, and five villages have established larger community farms. Some of the villagers have seen their average monthly household income double, through organic farming.

Long term changes that we'd expect to see range from higher household incomes to increased rates of immunization. For example, As household incomes grow (from 2005-2012, based on ASRI's Community Impact Survey, household incomes of ASRI's patients and program participants increased by 30%), which would be expected, more households will experience greater food/health security (The Community Impact Survey clearly demonstrated that ASRI patients and program participants were far more likely to have food/health security than other community members), better rates of having completed higher levels of education (The Community Impact Survey showed that over the last five years, rates of completing grade 12 had increased by 41%), higher rates of immunization (from 2005 to 2012, the rate among ASRI patients and program participants increased from 11% to 59% for complete immunizations). We believe that equipped with knowledge, tools and the means, there is every reasons to expect that the program and it's contribution to HIH's integrated community-based conservation and health strategy will be highly successful.

The Women and Girls Served

Two interviews were conducted with widows when the DFW group gathered in Sukadana. One was completed by HIH Managing Director, Michelle Bussard and the other completed by group leader, Patricia Andersen. Both of these provide a direct experience of how these widows lives were improved by funding from Dining for Women. Also included is a blog post written by Managing Director Bussard that describes the day of the goat give-away and its poignancy.

As an aside, prior to the DFW funding, Managing Director Bussard traveled to Sukadana in February 2012, which is when she met Suya, a widow who had within the last year become a program participant. In her own words:

We pulled up along side two simple wood shacks between which was a narrow boardwalk that led to an even narrower and somewhat rickety boardwalk across what was nothing sort of a cesspool of flotsam and jetsam. Hanging on fragile bamboo poles either side of the narrow boardwalk was the families laundry leaving nothing to hold on to as I made my way towards the raised goat house made of larger bamboo. Inside Suya was already waiting for me as were her 3 goats: a Billy, kid and nanny plus a large hanging dollop of leaves they pleasantly munched on while we talked



(translated). Sua had been widowed 5 years previous and had had no means to support her 4 children. She desperately wanted one thing: for her children to have the opportunity to go to school but for lack of a few dollars to buy school uniforms and supplies, her dream was only that until her encounter with a Forest Guardian and ASRI (Forest Guardians are community liaisons placed in each of the 30 villages on the border of the Gunung Palung rainforest. Their job is to facilitate the ceasing of illegal logging and identify opportunities for alternative livelihood training and implementation.) Today, 3 of her children are in school and the fourth was planning to marry now that Sua could provide even a modest contribution to the affair. She was also well on her way to her goal of a herd of 8-10 goats. Her life, she said, had changed and from the radiant look on her face, you knew it was true.



New Opportunities

While the DFW grant did not catalyze additional funding or partnerships what it did do was equally if not more profound: when ASRI and Sukadana became the focus of a DFW journey April 2013, an amazing relationship was hatched among 12 women and the women of ASRI and HIH. Today, we have 12 new ambassadors for our program, several of whom have opened doors to medical volunteers, medical supplies, efficient cook stoves, water treatment strategies and helped to deepen HIH and ASRI's relationship with the Ubud Rotary which will be lead on a global grant proposal, partnering with 2-3 clubs in the USA.

Organizational Information

Nothing has materially changed about the organization since receiving funding from DFW.

As the 12 DFW participants can attest to, empowering women and placing them in positions of significant leadership and decision-making whether on staff or as a program participant is highly evident throughout ASRI and HIH. Women lead both organizations and ASRI has intentionally brought women, such as Ibu Setiawati, into positions of community visibility and leadership for important programs. Programs, such as Goats for Widows, empower women and their children as does ASRI's commitment to maternal and child health programs through the extensive midwifery training (2 sessions have reached 58 of the 60 midwives in the region and a third is planned for November 2013), health education sessions held on Friday's at the clinic which often include



sessions on family planning.

Next Steps

The future of the program will be guided by lessons being learned – as noted above – about animal husbandry, for example. HIH and ASRI have committed to putting in place the capacity and skill needed to better support the health of the goats in a way that the widows are able to implement since the goats, once placed, actually are no longer ASRI's goats, so to speak. Nevertheless, there is an obligation felt to ensure that the goats are as healthy as they can be and that the widows are empowered to care for them.

The other big push will be for more widows to work cooperatively on organic farm/kitchen gardens using manure from their goats as well as sharing this bounty with community members. Already, 10 widows have begun developing their own kitchen gardens that will eventually mean food cost savings as well as more readily available nutritious food for them and their children.

Comments and Recommendations

While Goats for Widows is one program that directly and unequivocally improves the lives of women in and around Sukadana, ASRI's comprehensive set of integrated health, reforestation, organic farming and training in alternative livelihoods benefits women and children across the board. The Community Impact Survey showed that women who have been patients or program participants are choosing to have smaller families, getting their children immunized more frequently, putting their children through school at higher rates and are quitting smoking at far higher rates than men, using birth control at higher rates. It is this integrated approach to community health and conservation that is at the heart of HIH/ASRI's successful model that is changing the face of global health by working in and designing solutions with community to create lasting, sustainable change.

Message to our Membership and Donors

This is the blog Managing Director Michelle Bussard wrote at the end of the journey with the DFW group:

What is Shared Across the World

I'm writing on my last day at ASRI. Here, I have spent and experienced time with the staff that has infinitely doubled my appreciation for their dedication. And, along with Kari Malen, HIH's extraordinary Volunteer Director, have spent nearly 7 days with 12 women representing ***Dining for Women*** who have equally doubled my appreciation for courage and what can be accomplished by a



few dedicated people whose hearts are as big as the Gunung Palung rainforest and National Park no matter what side of the world they're from. And it's not just their collective passion that is as inspiring as it is humbling, it is that they truly "just do it."

Green Day celebrates the conclusion of the community planting season with thousands of seedlings now in the ground and several dozen more dug in to their pre-made holes with willing hands by a legion of volunteers from the villages of West Kalimantan to distant North American cities and towns. Gathering at the site of the Lamong Satong nursery, many assemble under a large canvas tarp, others shelter under a thatched gazebo, still others assume an Indonesian squat that for most westerners is unavailable. Mitta, a dental student volunteer from Jakarta *MCs* narrates the performances like pearls on an exquisite string. Voices of nearly 2 dozen school-age children sing out a song honoring the Gunung Palung. Dayak girls dressed in sequined shimmering red tunics with a most exquisite and sacred head feather pointed straight to the sky. An elder reading a scroll poem that flowed from his hands as the words were read like water. Finally, the ASRI staff including Holy, Head Nurse Will and Nurse Clara's daughter, raise their voices in song with this poor western ear picking up only the refrain: *alam sehat lestari* - harmony with nature, and knowing that is what we work for. "In my philosophy," Will said, "I can make everyone happy with my guitar playing and signing. I've always played for my friends everywhere. I want my daughter, Holy, to see how happy every people are to come from everywhere for Green Day. I want her to join with us and teach her for the future how to save the world by doing little things to big things." As the day folds, the gathered slowly disassemble as hugs, handshakes and smiles that beam beyond words are shared.

Only the day before, we'd gathered for a different but as powerful celebration when the 12 Dining for Women participated in placing of 10 goats with 10 widows at Harapan Mulia (noble hope) as part of the ***Dining For Women's*** generous grant and commitment to ASRI's Goats for Widows program. Awaiting our arrival were 10 goats carefully wrapped in plastic-weave "burlap" bags to keep them safe during transport. After a lovely introduction by Hotlin Ompusunggu and brief talk from Ibu Setiawati, Goats for Widows Coordinator, the work of freeing and sorting the goats began. Earlier, each widow had drawn a number associated with a number of each goat. Sons, friends and ASRI staff knelt carefully over each goat to undo the bag's wrappings, often with a lit match or sadly even a cigarette to melt the strands. (This is an ingenious place when tools we westerners would want are not at hand.) As the late morning sun poured into a courtyard filled, each intended widow awaited side-by-side often holding hands with her ***Dining for Women*** companion who had also drawn a number. Children swarmed around the gathering with eager smiles. There were few dry eyes as those widows who lived close, peeled off with their companions and goats to head for their humble homes. Stories shared through hands held, smiles and laughter wrapped the groups in such a love as seldom beheld.

"Let us keep walking hand in hand with community for the benefit of human and environmental health," Monica Ruth Nirmala, ASRI Dentist. She was talking about Green Day and how it "was not only a celebration of ASRI...but the poems, songs, and dances by the community had shown that it was a celebration of the community. As I close, the Imam calls the devout to prayer. I am lulled by



the deep vibrant voice and appreciation in knowing that the universe provides in so many ways we may never have imagined. And I think that from one end of the world to the other, for a few days we joined hands, honored this work, inspired each other and left as friends united in a vision of noble hope.

Impact Summary

Widows in rural Indonesia often suffer economic deprivation and low social status. In West Kalimantan, Indonesia on the island of Borneo, in the Gunung Palung watershed of 60,000 people, they lack the resources to pursue traditional forms of agriculture, feed, clothe, educate and immunize their children. Today, through a generous grant from DFW in support of Health In Harmony and partner ASRI's Goats for Widows program, 120 families headed by a widow will benefit from the gift of goats. Goats for Widows gives widows hope and resources to embrace a different future, one in which they can provide food for their families, offer their children an education, and for perhaps the first time in any of their lives, know that they have affordable access to high quality health care that can be paid for with manure from their goats or the produce from their kitchen gardens produced using a rich compost made from -- the goat's manure. The benefits of this program, like ripples from a pebble tossed into water, extend to the entire community as more individuals cease logging and their dependence on logging: in the last 5 years, there has been a 62% decline of loggers which could well include a son or uncle of a widow who engaged in illegal logging to support his mother or sister. As logging ceases, more individuals practice organic farming (52% of former loggers have turned to organic farming), can feed their families for less and send their children to school (where they can participate in ASRI Kids!) and in so doing, establish the ethic of conserving the Gunung Palung rainforest for generations to come; today, home to 2,500, or about 10% of the world's remaining orangutan population. Solutions designed in and with community, owned and implemented by community are the hallmark of an integrated community based healthcare and conservation model that has the power to change the face of global health, one widow at a time.

Note: DFW reserves the right to edit material before publishing to DFW membership.

Please submit your financial documents, program completion report, photos and any other files ***within 90 days*** of final fund disbursal by loading them to your Dropbox folder. Email grants@diningforwomen.org for confirmation of file receipt.

Questions? Please contact us at grants@diningforwomen.org

Thank you. We look forward to receiving your report!