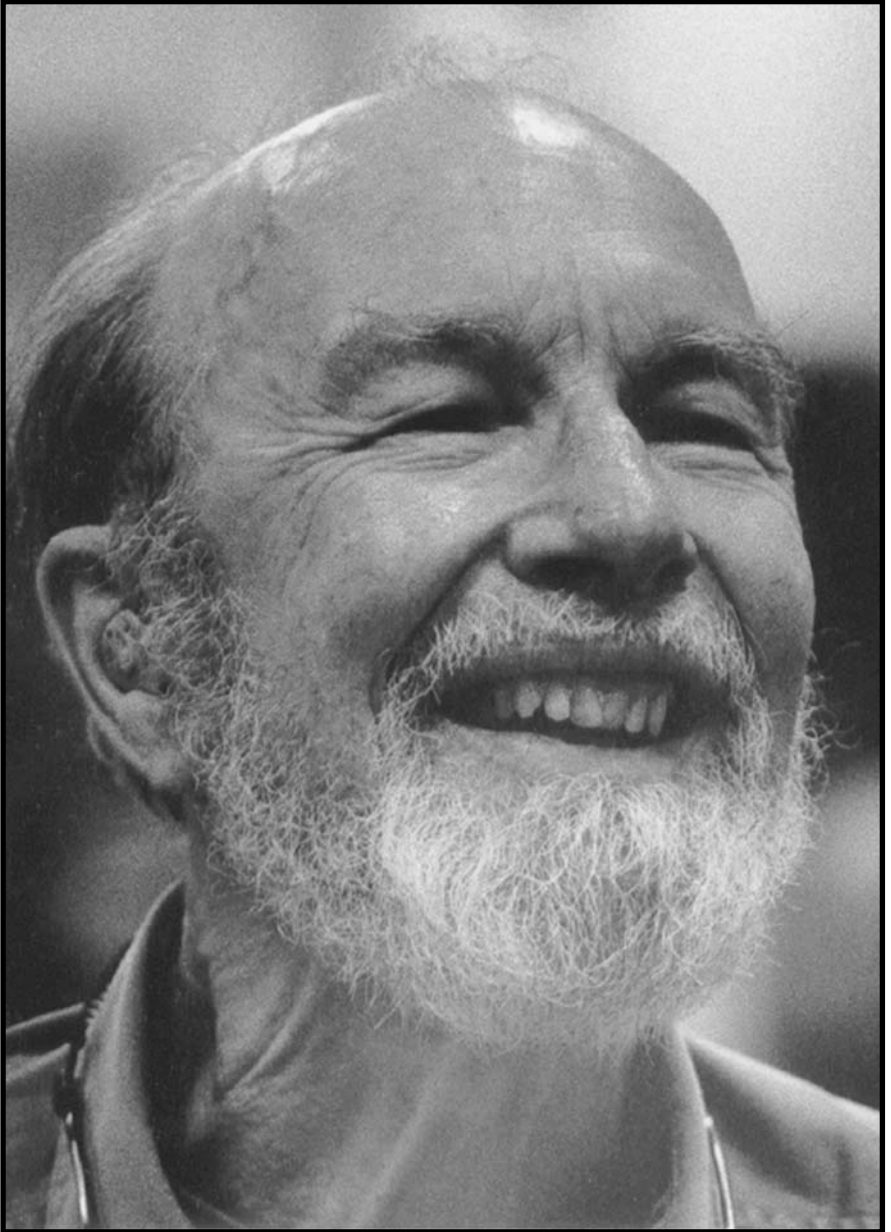


# *Integrities*



*Volume 22, No. 2, 2009*

# Board of Directors

Andy Anderson  
Doris DeVilliers  
Pamela Law  
Lucia Lopez

Judy Barry  
Alice Godfrey  
Peggy Law  
Kathleen Lynch  
Phil McManus

Barry Covington  
Karen Lambert  
Bill Leininger  
Clay Madden

---

*Emeritus, Alan London*

*Executive Director*  
**Bill Cane**

bcane@baymoon.com  
831.724-5526

*Administration*  
**Janet Martinez**

ifoffice@cruzio.com  
831.724-4108

*Editorial Team - Bill Cane,  
Barry Covington, Betty and Peter  
Michelozzi, Karen Cane*

*Publishing, Format and Design -  
MMPublishing™ - Janet Martinez*

---

*Cover: Pete Seeger*



**PETE SEEGER—A LIFETIME OF SMALL  
THINGS**

**SOME SMALL THINGS TAKE OFF  
SEE PAGES 3-14 INSIDE**

*Pete Seeger singing "If I Had a Hammer" at a  
Student Nonviolent Coordinating Committee  
Rally in Greenwood, MS, 1963.*

*From "Pete Seeger: The Power of Song."*

## **DINNERS / EVENTS 2009\***

Sept. 19 (Saturday)	7:00 p.m.	Peru Programs Dinner
Dec. 12 (Sunday)	4:30 p.m.	Light & Darkness (followed by potluck)

*\*held at 160 Sunflower Lane, Watsonville*

*Suggested donation for dinners \$50, low-income \$35. Reservations can be made by mailing check and number in party to IF, or email [ifoffice@cruzio.com](mailto:ifoffice@cruzio.com) or phone 831.724-5526 or 831.724-4108.*

## Table of Contents

Board of Directors . . . . .	inside front cover
Celebrations at IF	
Events Schedule . . . . .	inside front cover
<i>Turn, Turn, Turn</i> by Pete Seeger. . . . .	2
Pete Seeger—A Lifetime of Small Things . . . . .	3
<i>by Bill Cane</i>	
Some Small Things Take Off . . . . .	5
A Little Book for Obama (and for us) . . . . .	10
Crime Without Punishment . . . . .	12
The Greatest Power in the World	
And One Long Figure (story of Dahr Jamail . . . . .	14
<i>Mother's Day Gift, Poem by Clare Morris . . . . .</i>	19
Donations to IF . . . . .	20
Donation/Gift Form . . . . .	inside back cover

## TURN, TURN, TURN

### Chorus:

To everything (turn, turn, turn)  
There is a season (turn, turn, turn)  
And a time for every purpose under heaven.

A time to be born, a time to die  
A time to plant, a time to reap  
A time to kill, a time to heal  
A time to laugh, a time to weep.

A time to build up, a time to break down  
A time to dance, a time to mourn  
A time to cast away stones  
A time to gather stones together.

A time of war, a time of peace  
A time of love, a time of hate  
A time you may embrace  
A time to refrain from embracing.

A time to gain, a time to lose  
A time to rend, a time to sew  
A time of love, a time of hate  
A time of peace. . . I swear it's not too late.

*Words from the book of Ecclesiastes  
Music and additional words by Pete Seeger (1954)*

## Pete Seeger - A Lifetime of Small Things

Friends, many of them famous performers, threw a big 90th birthday party concert for Pete Seeger recently at Madison Square Garden. When asked how he liked the concert, Pete replied, “Normally I’m against big things. I think the world is going to be saved by millions of small things. Too many things can go wrong when they get big.”

In the 1960's I read an interview with Seeger in the *San Francisco Chronicle*. “I’ve stopped selling my music,” Pete said. “I just give it away now. That way, there’s less money for bombs.” That simple statement astounded me. Not at all like a celebrity—almost un-American! Of course, Pete had been blacklisted for over a decade by the Un-American Activities Committee!

In the 1980's I met Seeger at a rally in front of the American Embassy in Managua. We were with Myles Horton and Lewis Sinclair protesting the US attempt to overthrow the legitimately elected government of Nicaragua. Pete began to lead some singing, but not like a performer. He didn't perform, he just beckoned everybody there into the song.

For years, Pete travelled up and down the Hudson river, leading groups of people in song as he led the successful fight to clean up the river.

## Teaspoons of Sand

“I honestly believe that the future is going to be millions of little things saving us. I imagine a big seesaw, and at one end this seesaw is on the ground with a basket half-full of big rocks in it. The other end of the seesaw is up in the air. It’s got a basket one-quarter full of sand. And some of us got teaspoons, and we’re

trying to fill up sand. A lot of people are laughing at us, and they say, 'Ah, people like you have been trying to do that for thousands of years, and it's leaking out as fast as you're putting it in.' But we're saying, 'We're getting more people with teaspoons all the time.' And we think, 'One of these years, you'll see that whole seesaw go zoop in the other direction.' And people will say, 'Gee, how did it happen so suddenly?' Us and all our little teaspoons. Now granted, we've got to keep putting it in, because if we don't keep putting teaspoons in, it will leak out, and the rocks will go back again. Who knows?"



*illustration by  
Karen Cane*

## *Little Things We Can Manage*

Pete got us thinking about the small things we can do. A garden is a small thing. When I visited China 30 years ago, people planted every square inch of soil. There were green vegetables growing everywhere. Peasants know that they have to feed themselves. Years ago a refugee from El Salvador who was working here kept looking at uncultivated land with hunger in his eyes—he wanted to plant everywhere! The White House now has a vegetable garden and the city of San Francisco has a community gardens project.



*Farmland in China.  
Photo by Karen Cane*

So we recently got a truckload of good soil and filled our planting boxes with tomatoes, chard,

broccoli, zucchini and green beans. Our little effort doesn't change the world, but it changes the garden—and I think it changes us a bit!

## Tutoring

One friend of ours is teaching English to a young woman from Mexico, who is learning very quickly. Another friend is helping a young boy who can't write. He makes it a game. First the boy tells him what he has to write about; then he gets to give the boy a subject. Both are doing better!

## **SOME SMALL THINGS TAKE OFF:**

You never know what small things lead to. Some years ago Chris Devers connected us to a student named Julia from Germany who later went to Brazil to work with people who were trying to save the Amazon forest. IF was able to send some money to buy cell phones for women who lived and worked in the forests (it not only made life easier for the women, but also gave them some safety. Sister Dorothy Stang, who had spent 30 years defending the forest dwellers, had been assassinated before Julia went there.)

We had almost forgotten about Julia when we recently received an email from Phil McManus. Phil had been able to get some funding for Julia's group a few years ago, and Julia sent photos and text from Brazil describing the opening of a new center to help those who live and work in the forest! Julia writes in part:

*Our new center features three floors, electronic gate for security, four offices, a large meeting room, kitchen, bathrooms and a large open area on the second floor for social gatherings, meetings and lodging.*

*Our local forest leaders have been encouraged to bring their forest products for exhibition in the entrance hall. There will be a permanent exhibition of extractive products such as açai, Brazil nuts, handicrafts*

*made of seeds, lianas and shells, vegetable oils, natural cosmetics and many more.*

*The Center is truly “grassroots” with no help from any government entity or political party support.*

*We are having our inaugural celebration on April 2nd. We hope to arouse the interest of many who already know us and our work and many more who are curious about the possibilities of sustainable development in the Amazon and who can learn a lot from our forest communities.*



*Children from the Amazon.  
Photo from archives*

## **RISEN AS HE SAID**

During the 1980's, many of us supported refugees fleeing persecution in El Salvador, and tried to change the US government's million-dollar-a-day support for the Salvadoran military. We did a lot of small things, as did so many others, but our efforts seemed futile at the time. One of the reasons Archbishop Romero was so revered was that he stood up to the military as they massacred poor peasants and he faced the future without fear. “If they kill me,” he said, “I will rise again in the people of El Salvador.”

Now, almost 30 years after Romero's assassination, Mauricio Funes, the newly elected president of El Salvador, said that his goal is to have the kind of government envisioned by Archbishop Romero. The Archbishop has risen again in his beloved El Salvador!

## T-SHIRTS

Barry Covington, an IF Board Member, has started a small IF club for high school students in Salinas. The young people have a dream of visiting Peru and helping rebuild a pre-school there. At the moment helping the pre-school in Peru is only a dream, but members of the club are designing T-shirts to sell in order to take one step toward their goal.



## GREENING YOUR HOME—TAX INCENTIVES

Uncle Sam is offering up to \$1500 in tax credits for energy-efficiency upgrades like new insulation and windows. The credits are worth 30% of the upgrades. If you spend \$3,000 on eligible windows, you get \$900 back. Good from now till December 31, 2010.

Rebates are also available for efficient air conditioners and furnaces.

Rebates up to \$ 2,000 for investment in renewable energy systems (heat pumps, solar water heating, small wind generators and photovoltaic systems) are available all the way to December 31, 2016. (For info, check [ase.org](http://ase.org) or [energytaxincentives.org](http://energytaxincentives.org).)

## BREAKING INTO PRISON!

California prisons are horrible—overcrowded, etc. How can anyone take on the prison system? You can't. But breaking into prison? Leading meditation in a prison? This is possible, and Peter and Betty Michelozzi, Tom Lemkuhl and others are doing just that. Tom Wolver taught art in the prisons for many years. Alan Bayer did some doctor work there. When human beings truly meet each other, part of the prison wall breaks down.

## PEACE WORK IN PRISON

Alice Waco, former IF board member, writes about the work she has been doing since she first got involved in the Alternatives to Violence Project in the 1990's.

*In 2005 I volunteered to take this work to two prisons. Each month a group of us travel to High Desert State Prison and California Correctional Center in Susanville (Called "Prison Town USA" in a PBS documentary). . . I have been able to witness prisoners getting past their negative images of themselves and seeing the possibility for change and for good in themselves. I am always in awe as I experience individuals doing the hard the work it takes to bring peace into their lives.*

*We also train some prisoners to become facilitators of the workshops themselves. And we can see their growth. Just as we can see our own. We are all volunteers. The prisoners are amazed that we spend our own money and time to be there with them. We try as best we can to be equals, sharing our stories and holding an equal space with them. We do not lecture. We believe there is a transforming power which acts from within us to make change possible. I see it happening for myself and for others. Each time I call it a "miracle," and I know the work gives me meaning in my life.*

*(The Alternatives to Violence Project(AVP) was designed by Prisoners and Quakers some 34 years ago in New Haven prison, and since has become an independent nonprofit movement of volunteers. Please contact Alternatives to Violence if you wish to take a basic workshop. Our community workshops are usually, Friday evening, Saturday and Sunday. Our inside prison workshops are both on weekends and during the week. For details see: [www.AVPCalifornia.org](http://www.AVPCalifornia.org). We welcome you.)*

## REMEMBERING THE TROOPS

Ruth Hunter at age 92 writes about how she keeps her neighbors aware of our young men and women so far from home:

*I have a large peace flag that I got at the United Nations store. It flies in the wind, its peace symbol replacing the stars. In front I planted a peace garden of bright flowers with a sign that says: NO MORE WAR. A sign in the window above the garden proclaims: PEACE IS PATRIOTIC.*

*These are small efforts to remind people that we must (as the Raging Grannies sing) "bring them home."*

## HANDCUFFING ASYLUM SEEKERS

We're a country of immigrants, right? We welcome the poor and the persecuted, right? Well. . . not exactly. Louis Facchino, who is part of the struggle for immigrants' rights, sent us a report on what has been happening to refugees seeking political asylum in the United States. Humans Rights First describes the fate of people seeking freedom here:

*In March 2003, the U.S. Department of Homeland Security (DHS) took over responsibility for asylum and immigration matters... DHS was entrusted with the duty to ensure that the United States lives up to its commitments to those who seek asylum from persecution. These commitments stem from both U.S. law and international treaties with which the United States has pledged to abide. Yet, those who seek asylum? a form of protection extended to victims of political, religious and other forms of persecution? have been swept up in a wave of increased immigration detention, which has left many asylum seekers in jails and jail-like facilities for months or even years.*

*In 2007 alone over 3,000 asylum seekers were detained on arrival or soon after arriving in this country, and over 3,000 more in*

2008. They are held in facilities that are actual jails or facilities where they can visit with family and friends only through glass barriers. They have essentially no freedom of movement within the facilities. . .

*An Afghan teacher who was threatened by the Taliban spent 20 months in detention at three county jails in Illinois and Wisconsin. The teacher was denied release on parole despite having letters of support from U.S. government officials who knew him because he taught at a facility sponsored by U.S. and NATO forces in Afghanistan.*

*Refugees fleeing persecution are being transformed into suspects. . .*

The Statue of Liberty,” comments Louis, “which induced my grandparents to weep in joy upon coming up to the deck from their steerage 'quarters' to see it in the early 1900s, should be recast: replace the torch with handcuffs.”

## **A LITTLE BOOK FOR OBAMA (AND FOR US)**

When President Obama met Hugo Chavez of Venezuela, Chavez presented him with a book, *Open Veins of Latin America*, by Eduardo Galeano, Uruguay's most famous author. Galeano is also the author of a trilogy, *Memories of Fire*, a collection of powerful anecdotes that jump off the pages and shake the history of Latin America into you. Here are a few excerpts from *Genesis*, the first volume of the trilogy.

### **FEET (SANTO DOMINGO, 1522)**

The rebellion, the first by black slaves in America, has been smashed. It had broken out in the sugar mills owned by Diego Columbus, son of the discoverer. Fire had spread through the mills and plantations of the whole island. The blacks had risen up with the few surviving Indians, armed with sticks and stones and sugar cane lances that broke against armor in futile fury.

Now from gallows scattered along the highways hang women and men, the young and the old. At the traveler's eye-level dangle feet by which the traveler can guess what the victims were before death came. Among these leathery limbs, gashed by toil and tread, are frisky feet and formal feet, prisoner feet and feet that still dance, loving the earth and calling for war.



*Sculpture "Feet" by Karen Cane*

## **TO LOOSEN THE PURSE STRINGS (MADRID, 1528)**

The cold filters through the cracks and freezes the ink in the inkpots.

Charles V owes every saint a candle. With money from the Welsers, the Augsburg bankers, he has bought his imperial crown, paid for his wedding, and financed a good part of the wars that have enabled him to humiliate Rome, suppress the Flemish rebellion, and scatter half of France's warrior nobles on the fields of Pavia.

The emperor's teeth ache as he signs the decree conceding to the Welsers the exploration, exploitation and government of Venezuela.

For many long years Venezuela will have German governors. The first, Ambrosio Alfinger, will leave every Indian branded and sold in the markets, and he will die with his throat pierced by an arrow.

## **INFLATION (RIOBAMBA, 1534)**

When news of Altahuapa's gold reached Santo Domingo, everyone went looking for a ship. Alonso Hernandez, dealer in Indians, was among the first to take off in a hurry. He arrived in Panama and in Tumbes bought himself a horse. The horse cost seven times more than in Panama and thirty times more than in

Santo Domingo. The climb into the mountains has put Hernandez back on foot. To complete the journey to Quito, he buys another horse. He pays ninety times the Santo Domingo price. For 350 pesos he also buys a black slave. In Riobamba a horse costs eight times more than a man.

All is for sale in this realm, even the flags smeared with mud and blood, and everything is priced sky-high. Two sheets of paper cost a bar of gold.

The merchants, newly arrived, defeat the conquistadores without drawing a sword.

## **CRIME WITHOUT PUNISHMENT?**

The question of responsibility for massive killings in Iraq and for torture cannot be dismissed with a “Whoops. . . well that was a mistake, but it's over now.” The invasion of Iraq is not really over as Dahr Jamail points out in this *Integrities*. And torture will not be over until those responsible are punished for their crimes.

I became aware of the widespread use of torture in the 1980's, when friends in Guatemala who were under death threat from the security forces pointed out buildings in which friends of theirs had been tortured. In Peru, at a meeting of the Families of the Disappeared, I found myself in a room with a few hundred people, all of whom had had friends and close relatives tortured, disappeared or murdered by security forces. When I was part of a delegation to the American Embassy in Nicaragua, we presented the names of hundreds of teachers, health workers and social workers who had been assassinated by the US-backed Contras. There was a heated discussion, and then an unexpected moment of truth. The Embassy official told us that the government in Nicaragua had been declared a threat to the national security of the

United States, and therefore those who were part of that government were legitimate targets. . .

That was when I totally lost my naivete and realized the profound truth of absolute power corrupting absolutely.

So the revelations of torture under the Bush administration were not a complete shock—the shock was that there was a paper trail leading to the highest levels of the government. In other words, there is written evidence of crime.

What about punishment?

The following words from historian Alfred McCoy, author of *A Question of Torture*, zero in on what a failure to prosecute will mean for all of us.

*We're at a critical moment in the debate about torture. We're at the exact moment historically we've been at six times over the past forty years. What's happened since really 1970, right up to the present, because we've been engaged in torture continuously throughout this entire period, is that Congress and the press will conduct a major exposé of torture; the public will be momentarily aroused; there will be no sustained investigation, no prosecution, no penalty; the practice will continue. A few more years later, another revelation, another round of debate, discussion, nothing done, and then it emerges again.*

*So I think what's fairly certain to say, that if the past teaches us anything, that unless there is serious prosecution and something beyond simply a legislative investigation, something more binding, something more permanent, that within five or six years, we'll be faced with another major torture scandal just like this one, except it will be worse, because the world will remember this exposé. They'll think that we tried to correct, and we didn't correct, and they'll realize that this is in fact American state policy, that torture is part of the apparatus of American power.*

Alfred McCoy, Professor of history at the University of Wisconsin and author of *A Question of Torture: CIA Interrogation, from the Cold War to the War on Terror*.

## **THE GREATEST POWER IN THE WORLD AND ONE LONE FIGURE**

When the US, with its enormous military power invaded Iraq, Dahr Jamail was working as a mountain guide. The invasion of Iraq destroyed his peace, and the major media's cooperation with the Bush administration infuriated him. He bought a laptop computer, a digital camera, and a plane ticket and flew to Iraq.

From Iraq between 2003 and 2005, Jamail reported “collateral damage” far beyond what the military or embedded journalists acknowledged. He wrote of soldiers shooting people in prayer at a Baghdad mosque. He relayed accounts of civilians in Fallujah with extraordinary burns (later revealed to be caused by white phosphorus) and of men and women who bore white flags being shot in the Euphrates River as they tried to swim to safety. Jamail also watched those profiting from the war, reporting examples of blurred lines between the military and corporations operating in Iraq, as well as Bechtel’s failure to restore potable water after being paid hundreds of millions of dollars to do so.

Unrelated sources corroborated the stories Jamail heard. “So either it’s a city-wide, conspiratorial lie, or it’s the truth,” he says. Acknowledging his reliance on interpreters, Jamail says, “I trust them. They put their lives on the line to even be seen with me, in an effort to get the truth out.”

After starting with a homemade press pass and no outlet but e-mail, Jamail created a web site, [dahrjamailiraq.com](http://dahrjamailiraq.com), and began writing for the *Inter Press Service*, the *Asia Times*, and *The Nation*, among others. He also reports for *Democracy Now!* and the BBC.

Now Iraq is old news. American troops are coming home, aren't they? The swine flu epidemic and the economic crisis dominate the major media. But the lone figure who went to Iraq with a laptop computer and a digital camera wakes us up again as he describes the magnitude of the colossal tragedy that has not ended.

## **IRAQ IN FRAGMENTS**

*by Dahr Jamail*

Sunday 12 April 2009

On Wednesday, March 25, Major General David Perkins of the U.S. military, referring to how often the U.S. military was being attacked in Iraq, told reporters in Baghdad, "Attacks are at their lowest since August 2003." Perkins added, "There were 1,250 attacks a week at the height of the violence; now sometimes there are less than 100 a week."

While his rhetoric made headlines in some U.S. mainstream media outlets, it was little consolation for the families of 28 Iraqis killed in attacks across Iraq the following day. Nor did it bring solace to the relatives of the 27 Iraqis slain in a March 23 suicide attack, or those who survived a bomb attack at a bus terminal in Baghdad on the same day that killed nine Iraqis.

Having recently returned from Iraq, I experienced living in Baghdad where people were dying violent deaths on a daily basis. Nearly every day of the month I spent there saw a car bomb attack somewhere in the capital city. Nearly every day the so-called Green Zone was mortared. Every day there were kidnappings. On good

days there were four hours of electricity on the national grid, in a country now into its seventh year of being occupied by the U.S. military, and where there are now over 200,000 private contractors.

Upon returning home, I experienced the disconnect between that reality, lived by roughly 25 million Iraqis, and the surreal experience of living in the United States—where most media pretend the occupation of Iraq is either not happening, or uses the yardstick of decreased U.S. military personnel deaths in Iraq as a measure of success. In the words of Major General Perkins, "If you take a look at military deaths, which is an indicator of violence and lethality out there, U.S. combat deaths are at their lowest levels since the war began six years ago." But it's a less useful metric when one looks at the broader picture inside of Iraq: the ongoing daily slaughter of Iraqis, the near total lack of functional infrastructure, the fact that one in six Iraqis remains displaced from their homes, or that at least 1.2 million Iraqis have died as a result of the U.S.-led invasion and occupation of their country.

Seventy-two months of occupation, with over \$607 billion spent on the war (by conservative estimates), has resulted in 2.2 million internally displaced Iraqis, 2.7 million refugees, 2,615 professors, scientists, and doctors killed in cold blood, and 338 dead journalists. Over \$13 billion was misplaced by the current Iraqi government, and another \$400 billion is required to rebuild the Iraqi infrastructure. Unemployment vacillates between 25-70%, depending on the month. There are 24 car bombs per month, 10,000 cases of cholera per year, 4,261 dead U.S. soldiers, and over 70,000 physically or psychologically wounded soldiers.

There 's no normal life in Baghdad. While it's accurate and technically correct to say there is less violence compared to 2006, when between 100 and 300 Iraqis were slaughtered on a daily basis, Iraq resembles a police state more than ever. U.S. patrols consisting

of huge, lumbering mine-resistant vehicles rumble down streets congested with traffic. It's impossible to travel longer than five minutes without encountering an Iraqi military or police patrol—usually comprised of pickup trucks full of armed men, horns and/or sirens blaring. Begging women and children wander between cars at every intersection. U.S. military helicopters often rumble overhead, and the roar of fighter jets or transport planes is common. There's no talk of reparations for Iraqis for the death, destruction and chaos caused by the occupation.

Neighborhoods, segregated between Sunni and Shia largely as a result of the so-called "surge" strategy, provide a blatant view of the balkanization of Iraq. Neighborhoods of 300,000 people are completely surrounded by 10-foot high concrete blast walls, rendering normal life impossible. The fear of a resurgence of violence weighs heavy on Iraqis, as the current so-called lull in violence feels tenuous, unstable, and possibly fleeting. Nobody there can predict the future, and to hope for a sustained improvement in any aspect of life feels naive, even dangerous.

The title of the film *Iraq in Fragments* by James Longley, which was nominated for Best Documentary Oscar at the 2007 Academy Awards, best describes Iraq today. The country has been destroyed by decades of U.S. policy that has plagued Iraqis. Looking back only to 1980, we see the U.S. government supporting both Iraq and Iran during their horrible eight-year war. In 1991 we see George H. W. Bush's war against Iraq, and his, Bill Clinton's, and George W. Bush's oversight of 12-and-a-half years of genocidal economic sanctions that killed half a million Iraqi children. Today, under President Barack Obama, what is left of Iraq smolders in ruins, with no real end of the occupation in sight.

All of the recent talk of withdrawal from Iraq is empty rhetoric indeed to most Iraqis, who see the giant "enduring" U.S. military

bases spread across their country, or the U.S. "embassy," the size of Vatican City, in Baghdad. The gulf between the rhetoric of withdrawal and the reality on the ground spans the distance between Iraq and the United States, while the reality is pressed in the face of the Iraqi people each day the occupation continues.

## **LITTLE THINGS LEAD TO BIGGER THINGS. . . KEEP DOING LITTLE THINGS**

*“Realize that little things lead to bigger things. That’s what Seeds is all about. And this wonderful parable in the New Testament: the sower scatters seeds. Some seeds fall in the pathway and get stamped on, and they don’t grow. Some fall on the rocks, and they don’t grow. But some seeds fall on fallow ground, and they grow and multiply a thousand fold. Who knows where some good little thing that you’ve done may bring results years later that you never dreamed of?”*

Pete Seeger

## A LITTLE POEM ABOUT THE WAR

Clare Morris sent us a poem she wrote in 2003, early in the Iraq War, in which she describes the horror of the BIG THINGS we conceive and give birth to:

### **Mother's Day Gift**

*On the eve of Spring's first morning,  
Mothers' Day in the Middle East,  
the midnight sky holds a moon  
heavy with light. On this night,*

*this lovely night, clouds of death birds  
rise up, streak north over rippled desert,  
as though migrating toward ancient  
marshlands to feed and breed and die.*

*On they fly, shining, into their moment  
of mission. Doors open in each bird belly  
to deliver silver offspring, every one  
a sorrow child destined to rip holes*

*in time and the living heart.  
We conceive these winged children.  
They do what we ask.*



*"Iraqi Madonna" sculpture  
by Karen Cane*

## **DONATING TO IF**

This is not an easy economic time for anyone. Please know that any donation you send to IF is greatly appreciated and goes a long way towards helping others.

1. Stock is still something that can be donated to IF. There is no capital gains tax on stock, as there would be if it were sold.
2. You get a tax write-off on the entire value of the stock that is donated. If you wish to know more, contact Judy Barry, IF board member at 831-662-3580.
3. You can name IF in your will as a beneficiary. Contact your personal financial planner and find out how easy it is to leave a legacy in your family's name.

## **OUR MAILING LIST IS PRIVATE**

IF does not give or trade any names on our list to any other organizations. It's our policy—and it's been that way for 30 years!

## **EMAIL UPDATES**

Make sure we have your current email. Postage is getting more and more expensive, so if we can send you notices over the internet, it would greatly benefit IF. That's okay if you're still a paper-person, we will not forget you. Please take a look at the website, [www.if-integrities.org](http://www.if-integrities.org) and see that we are starting to post our latest Integrities there for your convenience. They are in pdf format and should be accessible to everyone as long as you have the Adobe Reader installed in your computer.

# Membership

## HOW CAN I HELP?

90% of the money donated to IF goes directly into programs, because many volunteers donate their labor and personal expenses for IF's work. Here are some examples of what your donation can do:

- \$20 provides 50 lbs. of rice or beans to families in Mexico.**
- \$40 enables 80 meals served at a communal kitchen in Peru.**
- \$100 gives a child a scholarship to go to grammar school.**
- \$150 installs a passive solar panel in Peru for heating water.**
- \$500 buys the land for an IF/Habitat home in Guatemala.**

Each gift makes something happen which won't happen in any other way. Thank you, on behalf of the families who receive these gifts. Your tax-deductible donation continues your subscription to *Integrities* for a year.

Subscriber Name and Mailing Address \_\_\_\_\_ This is for myself \_\_\_\_\_ This is a gift\* \_\_\_\_\_  
(please print clearly) (please check one)

\_\_\_\_\_  
*First Name*

\_\_\_\_\_  
*Last Name*

\_\_\_\_\_  
*Address*

\_\_\_\_\_  
*City*

\_\_\_\_\_  
*State*

\_\_\_\_\_  
*Zip*

\_\_\_\_\_  
*Phone Number*

\_\_\_\_\_  
*Email*

\*I would like to give a gift subscription. Enclosed is \$15 (or more) donation. Please write the following message on my gift card: (*Feel free to duplicate this page for as many subscriptions as you need.* Please send us your email address if you have not already done so.)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Please tear out this page and mail with check to  
IF • 160 Sunflower Lane • Watsonville, CA 95076 • Thank you!*

**www.if-integrities.org**

# *Integrities* — a publication of *If*

[www.if-integrities.org](http://www.if-integrities.org)

160 Sunflower Lane Watsonville CA 95076

831.724-5526



Non Profit Organization  
U.S. Postage Paid  
Freedom, CA 95019  
Permit No. 109