

# ANNUAL REPORT MAHLE-STIFTUNG (MAHLE FOUNDATION) 2014

FOCUS ON AGRICULTURE



MAHLE-STIFTUNG GmbH (MAHLE FOUNDATION) | Annual Report 2014

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MAHLE-STIFTUNG  
(MAHLE FOUNDATION)  
2014**

## EDITORIAL

Ladies and Gentlemen,  
Dear friends of the MAHLE-STIFTUNG,

The MAHLE-STIFTUNG (MAHLE FOUNDATION) celebrated its 50th anniversary in December 2014. It is time to stop for a moment and look back – but also time to look ahead. In the beginning, there was one great idea: The entrepreneurs Hermann and Dr Ernst Mahle transferred their personal share in the company to a charitable trust. Since then, the MAHLE foundation has owned almost all shares of the company and holds them in a trust. In doing so, the founders have taken on a responsibility in an unusual way – responsibility for the society we live in. The MAHLE Group dividend enables the MAHLE-STIFTUNG to act in a philanthropic way that is characterised by commitment and sustainability. In line with the aims of their founders, the foundation is involved in the areas of health and care, agriculture and food, learning and education as well as art and culture. With its social commitment, the MAHLE-STIFTUNG wants to preserve what exists as well as promote trendsetting developments.

It is mainly innovative and anthroposophic projects, as well as ideas and that are being supported. During the fifty years of its existence, the MAHLE-STIFTUNG has spent more than 130 million euros.

The question “How do we want to live?” is the title of the program for the 50th anniversary of the MAHLE-STIFTUNG. We're looking forward to our meeting from the 18th to the 20th of September in the Hospitalhof in Stuttgart, a place which offers room for encounters and culture. With these meetings, we wish to offer our guests lively and varied insights into the cooper-

ation between the MAHLE-STIFTUNG and its project partners. We would like to consider which perspectives have arisen from the foundation's work during the last decades or might arise in the future. The exciting projects to be presented from all funding areas during the three days of the anniversary celebration have already been chosen.

We are delighted to have so many fascinating project partners presenting their work to an interested public in lectures, discussion groups, exhibitions or art contributions. You can find the detailed anniversary program on the Internet. Entry is free. “Human – development – future” is the title and the MAHLE-STIFTUNG is celebrating its fifty-year commitment – why not join our celebration. On behalf of the foundation I look forward to seeing you in Stuttgart!

The development of the Filderklinik hospital continues to give us reason for celebration. Paediatric and adolescence medicine, one of its specialist departments, is detailed in this year's annual report, and it is in demand due to its holistic therapeutic concept. But the Filderklinik as a whole is also looking back on a positive year. With patient admissions of more than 90 per cent, it is close to its capacity during peak times. It has maintained its top position in customer satisfaction. The Techniker Krankenkasse, a statutory health insurance company, has surveyed 398,000 of its members and included the Filderklinik in its survey. The respondents were asked questions in five categories: general satisfaction, result of the treatment, medical and nursing care, information and communication as well as organization and accommodation. The result: Filderklinik patients were awarded top marks in all categories. They

obviously appreciate the time doctors and nurses set aside to answer questions in an empathic and comprehensible way. After a stay in hospital, the quality of the treatment is the most important question. The Filderklinik can boast a satisfaction rate of 84.1 per cent and is at the top of the listed hospitals, and 92.6 per cent of the patients would choose to return. This is a sign of trust that the hospital can be very proud of. This success is mainly due to the special therapeutic concept, the anthroposophic medicine, which is the unique feature of the hospital.

What kind of agriculture does the world need tomorrow? This is an increasingly frequent topic in the media as well as in public discussions. The various approaches and technologies are the subject of controversial debate. With the global hunger and environmental crisis in mind, more and more doubts about technically intensive agriculture are being raised. The current annual report focuses on all topics of agriculture and food. People with a new approach towards agriculture are being heard: creative minds, leaders in innovative thought and lateral thinkers as well as bold visionaries who have one thing in common. Their ideas invite you to think.

One of them is Christian Hiß. The horticulturalist and economist has thought about the future. In 2006, he founded Regionalwert AG in a German village called Eichstetten. Regionalwert AG is a share company run by citizens for a regional, sustainable, ecological, social and economically profitable form of agriculture. The World Agriculture Report puts a new perspective on how the world can produce enough food for its population without resources being depleted in the process. While many representatives from politics and economics emphasize a product campaign with more genetically modified crops and artificial fertilizer, the World Agriculture Report demands the abandoning of

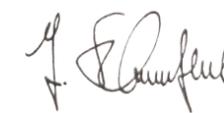
global structures for the sake of a regional, ecological and sustainable modernization of agriculture.

In this context we are proud to say that we have been able to get Dr Hans R. Herren, an internationally renowned expert for agriculture and development, to be interviewed in our column “Local Talk”. As co-president of the International Assessment of Agricultural Science and Technology for Development (IAASTD), he is in great demand as a panelist and speaker and travels around the world, as well as being an ambassador of the World Agriculture Report. He wants to get the basic message across to the general public.

As a representative of the MAHLE-STIFTUNG, I would like to pass my heartfelt thanks to the management and employees of the MAHLE Group for their excellent performance and their personal commitment. Only the dividends paid out of the annual consolidated net income made such a wide scope of activity possible. I would also like to thank our employees. Their commitment has played a major role in the advancement of the MAHLE-STIFTUNG.

As every year, I hope that you will find our annual report to be inspiring and interesting reading.

My very best wishes to you.  
Yours



Jürgen Schweiß-Ertl

## GREETING

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In 2014, the MAHLE-STIFTUNG (MAHLE FOUNDATION) celebrated its 50th anniversary. Ever since its establishment, the foundation and MABEG hold all shares of MAHLE GmbH. As the recipient of the dividends, the foundation is the one to plan and organize all funding. The balanced distribution of interests between foundation, MABEG and the management of MAHLE GmbH has led to very successful developments over this period. The MAHLE FOUNDATION was able to donate 135 million euros to foundation projects as well as growing in international partner countries of the MAHLE Group. The Filderklinik, which was founded 40 years ago, is one of the projects playing a leading role in southern Germany because it is the largest anthroposophically-orientated emergency hospital. The objective for the future will continue to be to secure the profits made by the MAHLE GmbH in the long run and to re-invest them in the foundation. This kind of sustainability is the main characteristic of our corporate culture.

A handwritten signature in black ink, appearing to read 'K.P. Bleyer' with a stylized flourish at the end.

Dr Klaus P. Bleyer  
Chairman of MABEG and Chairman of the Supervisory  
Board of Mahle GmbH

“

**DONORS CONSIDER THE ESTABLISHMENT OF THE MAHLE FOUNDATION  
AS THE CULMINATION OF THEIR LIFE'S WORK. I GIVE THANKS TO THE  
EMPLOYEES WHOSE LOYAL ASSISTANCE HAS MADE IT POSSIBLE TO PROVIDE  
THE FOUNDATION WITH CONSIDERABLE ASSETS, AND ASK YOU TO PLEASE  
JOIN THEM THROUGH THE AFFIRMATION AND ACTIVE SUPPORT OF THE  
FOUNDATION'S ACTIVITIES.**

*From the guidelines in the foundation's mission statement from 11 February 1966*

MAHLE-STIFTUNG GMBH (MAHLE FOUNDATION)

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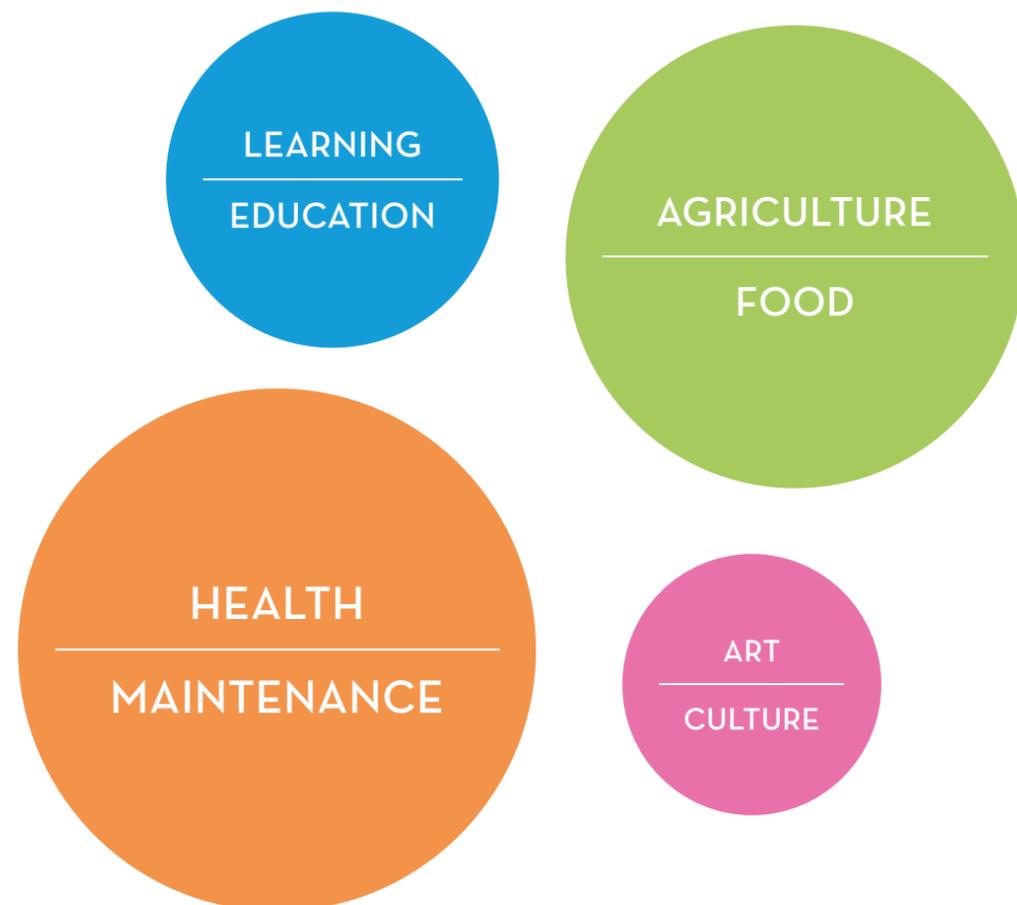


Hartmut Spieß



“TO BE FIT FOR THE FUTURE MEANS (...), TO GET ORIENTATION NOT ONLY FROM WHAT IS ACTUALLY AVAILABLE, BUT RATHER BEING RECEPTIVE TO THE EMERGING POWERS OF THE WORLD THAT NEED THIS KIND OF AWARENESS”.

*Dr Hildegard Kurt, Author and Cultural Scientist*



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FOCUS ON  
AGRICULTURE  
AND NUTRITION



## WORLD NUTRITION BETWEEN HUNGER AND ABUNDANCE

Securing the world's food supply, fighting poverty and climate change are the big global challenges of our age.

Currently, 7.2 billion people are living on this earth – and counting. There are predictions that the world's population will presumably reach the 10 billion mark by 2050. Is this development invariably going to lead to overpopulation and famine? Population growth was already considered critical during the last century. The fear was that the number of people in the world might increase faster than their food production could. But the critics were mistaken. Thanks to modern production methods of the so-called “green revolution” started in the mid-sixties, the international community was able to nearly double their worldwide harvest yields. At that time, a process of industrialization began in which farmers backed high-performance crop varieties, monocultures and the intensive use of artificial fertilizer, pesticides and agricultural machinery.

There is no doubt that this has been a success. A success, however, that comes at a price. There is water shortage, depleted, eroded soil, salinization, deforestation, the poisoning of complete watercourses and the destruction of habitats: the ecological results are becoming ever more evident. What is more: The modern agricultural system permanently upsets the sensitive climate balance because 40 per cent of worldwide greenhouse gas emissions are demonstrably caused by agriculture. This makes agriculture the most important cause of climate change. The permanent depletion of nature and the environment has also caused an alarming rise in species extinction. The trade journal “Science” wrote that of the five to nine million animal species that exist according to conservative estimates, between 11,000 and 58,000 disappear every year. Scientists are

also worried about the genetic diversity of crops and wild plants which are considered the most important and valuable resources in plant breeding. And the World Wide Fund for Nature, WWF, warns that humankind has a greater impact on nature than nature can cope with. In their “Living Planet Report 2014”, the organization confirmed that “at the present moment, the world population consumes more resources every year than earth can replenish and make available within the same period”. The conservation organization guesses that it would take 1.5 earths to produce the resources necessary to support humanity's current ecological footprint. Scientists fear that “the ecological balance is obviously in danger”.

There can be no mistake that after its initial success, the production within the agricultural industry is quickly reaching the limits of its permanent revenue growth. The global agricultural system, however, does not only harm the climate and environment, but also condemns millions of people living on this earth to hunger and poverty. The Food and Agriculture Organization of the United Nations (FAO) guesses that more than 805 million people regularly go without food; almost two billion are affected by “hidden hunger” because they lack micronutrients like vitamins and minerals. At the same time, the number of overweight people has risen drastically over the last decades. In 1980, 800 million people in the world were overweight. Last year, it was 2.1 billion according to a current study published in the trade journal “The Lancet”. “Almost half the people in the world are malnourished in one way or another – either due to a lack or to an abundance of food”, says Benjamin Haerlin. He is head of the Berlin office of

**“ALMOST HALF OF THE WORLD'S POPULATION IS MALNOURISHED IN SOME WAY - PARTLY DUE TO A LACK OF FOOD, AND PARTLY DUE TO AN EXCESS”.**

*Benedikt Haerlin, Director of the Berlin office of the Future Foundation of Agriculture*

the Zukunftsstiftung Landwirtschaft (Future Foundation of Agriculture) and initiator of “Save our Seeds” (SOS), which is an initiative campaigning for seeds free from genetic engineering, sustainable agriculture and fair world nutrition.

Figures show that people do not suffer from hunger because there is not enough food. In 2009, the harvest yield per capita per day was about 4,600 calories. 2,000 calories per day are enough to feed a person. Haerlin confirms: “It is not a question of producing more. It is rather a question of how food is being produced and distributed today”. In his opinion, agricultural production has a tendency to grow faster than the world population. Still, only one sixth of the corn grown actually finds its way to the consumer's plate, although the world is covered with huge corn fields. The area

*Harvest at the Dottenfelder Farm*



## AGRICULTURE & NUTRITION

where corn is being produced in the United States has almost doubled over the last few years. Because corn can be processed profitably into ethanol, it uses more and more land there – almost half the arable land. The other half is mostly reserved for the production of feed. In general the modern agricultural system is influenced most by increasing meat consumption. This will probably increase to 470 million tons per annum by the year 2050. According to the “Meat Atlas 2014” published collectively by BUND (German conservation organization), the Heinrich Böll Foundation and Le Monde Diplomatique, this would be almost 50 per cent more than today. And because the greater part of the arable land in the world is used for meat production, the competition between plate and trough will continue to increase in the future.

Now the question remains how food can be guaranteed for 10 billion people without destroying the ecological balance. In 2009, the Berlin office of “Zukunftsstiftung Landwirtschaft” published the brochure: “Ways out of the Hunger Crisis”. This brochure summarizes the findings contained in 2,000 pages of the World Agricultural Report. More than 400 scientific experts from all over the world have taken the most comprehensive inventory of global agriculture so far on behalf of the World Bank and the United Nations and have a central message for the world: “If we want to meet the challenges of agriculture in the 21st century, there must be a radical change in thought and action”. In their opinion, a mere increase in food production is not the right solution. They think that the objective is rather to adapt the agricultural system to its natural limits and the conditions of the earth. The new paradigm of the World Agricultural Report about the future of global agriculture is that “structures with small farms, intensive work aimed at diversity, guarantee a socially, economically and ecologically sustainable food supply”.

*Irrigation of corn fields in Kern County, California/USA*



At the moment, most people suffering from hunger live in South Asia and sub-Saharan Africa. More than half of them live on small farms, i.e. in places where food is normally grown. In most cases, they produce for their own consumption and the local markets. But globalization and free trade jeopardize countless numbers of farmers' livelihoods. According to Haerlin, who was one of the NGO representatives on the supervisory board of the International Assessment of Agricultural Science and Technology for Development, “hunger is, most of all, a rural problem that can only be overcome sustainably on-site”. The expert in world food supply also stresses that it is the small farmers who count if we want to overcome hunger on our planet.

After all, small farmers supply food for two thirds of mankind even today and often in difficult conditions. They have been suffering for decades from the fact that agriculture in the world was neglected while food surpluses were strongly subsidized. Now the time has come to create fair conditions for small farmers in developing countries so that they can finally use their full potential. Because after all, they are the key to success in the fight against worldwide hunger.



*Women harvesting wheat in terraced strips on hills near their houses in the village of Shingkhey, Bhutan*



### Benedikt Haerlin

Journalist who has led the Berlin Office of the Future Foundation of Agriculture since 2002, as well as its “Save our Seeds” campaign. From 2003 to 2008, he represented the European and North American Non-Governmental Organisations on the Board of Directors of the International Assessment of Agricultural Science and Technology for Development (IAASTD).

## 16 THE CASE AGAINST DISPOSABLE CATTLE. OR: COWS ARE NOT MILK MACHINES

German dairy farmers are under a lot of economic pressure. Whilst consumers are delighted by the current low price of milk, farmers find it increasingly difficult.

The price of milk has been extremely low for a long time, below 30 eurocents per litre. Very often, this does not even cover the operating costs. This price dumping threatens the livelihood of small dairy farmers. Whilst in 1983 there were 30,000 dairy farms in Germany, there are now only 77,669 left. The slogan “more milk per cow” suggests the need to strongly boost production on the farms. With this in mind, instead of breeding the humble ruminant species, more and more modern high production cows have been bred successfully over the past few decades. In 1950, a cow produced an annual average of 2,500 kilograms of milk, and nowadays high production cows produce as much as 10,000 or more kilograms. And because high animal performance is the central interest, every second cow in German cowsheds nowadays is from the most important dairy breed in the world: the black and white spotted Holstein-Friesian cow.

But not only has breeding increased the milk production of cows over the last few years, but also a change in feed. A cow eating grass and quietly chewing its cud in green pastures – this is just an ideal image consumers imagine that has long since been obsolete. Although green fodder agrees especially well with cows, most of them only live inside sheds and have to be fed more intensively, that is, concentrated feed rich in energy and proteins are added to the basic feed with the aim of producing even more milk. Two thirds of this feed imported into the European Union includes cereal and corn, but mostly genetically modified soy beans from

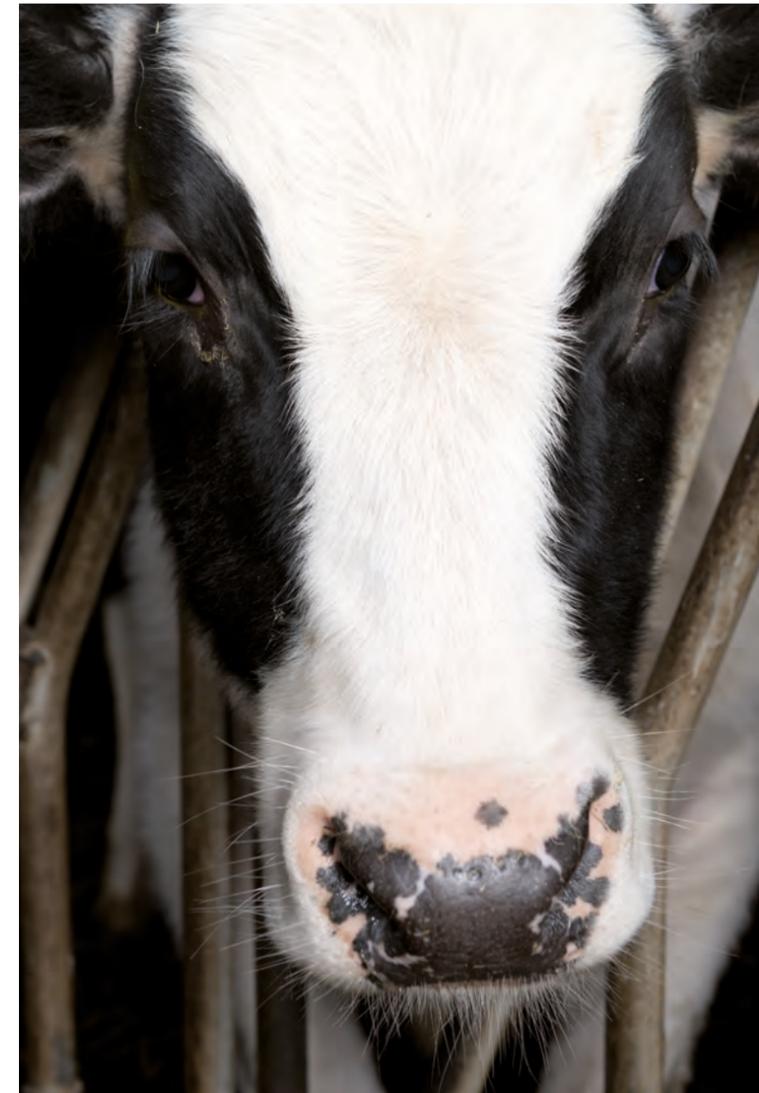
developing and emerging countries, with Brazil and Argentina being the most important soy bean exporters. In Brazil alone, 23 million hectares (about 56.8 million acres) of land are used for soy bean cultivation. These pulses, originated from China and rich in proteins, are being cultivated in large monocultures that have replaced species-rich rain forests. At the same time, more and larger dairies are pursuing the strategy of bringing the German milk surplus to African or Asian markets. Instead of domestic milk, subsidized milk powder from Europe is sold in Africa at prices small local farmers are unable to match. Environmental organizations have criticized this, saying that it destroys the local markets.

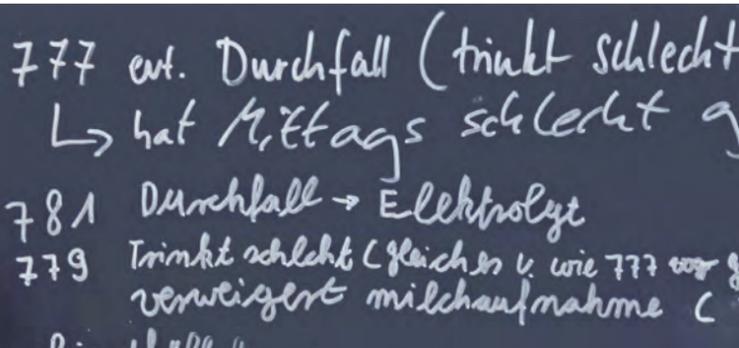
When you watch cattle fed on grass or ruminate on hay, you can observe satisfied animals that are clearly in their element. In their rumen, which is a true miracle of nature, an amazingly effective symbiosis of trillions of microorganisms takes place, transforming grass, poor in proteins in itself, as well as dry hay into first-class protein and useful Omega-3 fatty acids which later find their way into the milk. If you use concentrated feed excessively, however, this unique digestion system is often overburdened. The high production cow's menu is rich in carbohydrates and contains rapidly digestible energy. It is true that this energy is necessary for high milk yield, but the rumen bacteria transform it into volatile fatty acids, e.g. acetic acids. The cow's rumen then becomes acidotic, and in the worst case this can lead to acidosis of the rumen or the blood, which can

be life-threatening. “But instead of taking care to prevent this problem by feeding cows appropriate feed, i.e. grass, scientists have spent decades researching how to circumvent the microorganisms in the rumen”, the veterinarian Anita Idel writes in her book “Cows are Not Climate-Killers”.

Be it acidosis, displaced abomasum, fatty liver syndrome, lameness, mastitis, claw or metabolic disorders, not only the diseases, but the deaths of these animals are on the increase. Whilst a cow can normally reach an age of up to 20 years, turbo cows with high milk yield rates often have to go the butcher after four or five years or, viewed from an economic point of view, after two and a half years of lactations, i.e. the time between two calves when cows give milk. What is really tragic is that many farmers who want to look after their cows well are caught up in the system with the choice of “growing or yielding”, a system they do not feel comfortable with.

The question remains whether it is true that only high performance breeding is profitable for farmers. And no, it is not. One example proves that there is another way. The Hessische Staatsdomäne Frankenhäusen, a state-owned farm in the German state of Hessen, has been a research and teaching facility within the University of Kassel since 1989, and keeps 100 dairy cows of the dual-purpose breed Schwarzbuntes Niederungsriind, which is a rare, hardy, old race. Contrary to the general trend in dairy farming, these animals hardly get any concentrated feed; they eat in the pastures and they get silage and hay, as well as sweet corn produced on the farm when they are kept in the shed. In Frankenhäusen this concept has achieved excellent results.





They report a lower milk yield, but the feed based on grass is cheaper, species-appropriate and the animals are healthier. In addition to this, the ecological farm is making a profit. This could be seen as a result of the sustainable way of doing business and the high-class products which are produced within this agricultural domain of 320 hectares (about 790 acres).

Professor Dr Onno Poppinga stated in a radio interview with Deutschlandradio Kultur: “We need to reflect more thoroughly on the methods and systems we use to produce milk”. The preoccupation with milk in all its aspects is at the centre of the agricultural scientist’s work. In doing so, the farmer-professor as he is often called, does not sit in an ivory tower, but listens closely to the farmers. To date, he has studied a further 56 dairy farms which do not use any concentrated feed, or only very little. “Urs Sperling, manager of the Breitwiesenhof farm, was the key driver for the project”, Poppinga explains. This is a Demeter farm in Ühlingen where 60 Holstein-Friesian cows are kept and not fed concentrated feed. But when Sperling made an application for “Support for investments in agriculture” because he wanted to expand his milk business, it was refused with the argument that a farm with an annual milk yield of 5,700 litre per cow was not profitable because the annual milk yield in Baden-Wuerttemberg averages of 7,500 litres. A second official calculation, however, came to the result that this low-input farm works extremely profitably – and the application was approved.

Calves in stalls of the Staatsdomäne Frankenhausen, where species-appropriate animal husbandry is scientifically supervised

Both examples show that it is wrong to reach conclusions about the profitability of a farm only by its milk yield. The professor concludes: “Up to now the general consensus was that if you want to earn money, you had to have a high milk yield, and this requires concentrated feed”. Nowadays, every student of agriculture learns: if you use one kilogram of concentrated feed, the milk yield of the cow increases by two litres. He asked: “Can this really be true?” Everywhere else in agriculture the “law of diminishing returns” is being applied. Why should this not be true for the relation between concentrated feed and milk? Indeed, studies in Schleswig-Holstein have found that 1 kilogram of concentrated feed results in 1.08 kilograms of milk, whereas along the Rhine, 1 kilogram results in 0.4 kilograms of milk. “So this is obviously complete rubbish”, he says. “I have been criticizing this for 20 years, but it has been taught like this until the present day”.

Nevertheless, there are further important aspects when talking about keeping dairy cattle without using concentrated feed: How healthy are the animals? What

**“WE HAVE TO THINK VERY INTENSIVELY ABOUT THE PROCESS AND ABOUT THE SYSTEM OF MILK PRODUCTION”.**

*Professor Dr Onno Poppinga, Agronomist*

are the effects on countries exporting soy beans? Can keeping dairy cattle without using concentrated feed be a possible strategy against the inevitable “growing or yielding” in agriculture? How does it influence the quality of the milk? It is a fact that many farmers are already extremely interested in the results of the study. At present, an intermediate result of the scientific study is available. It is entitled: “It can be done without”.



**Professor Dr Onno Poppinga**  
 Professor Dr Onno Poppinga, agricultural scientist, and from 2003 until 2009 established member of the faculty of Ecological Agricultural Sciences. He is the head of the specialist area “Land Use and Regional Agricultural Policy” at the University of Kassel based in Witzenhausen. During the 1970s, he was a co-founder of the “Arbeitsgemeinschaft bäuerliche Landwirtschaft (AbL)”; a working group for rural agriculture.

## ORGANIC FARMING – A MODEL FOR THE FUTURE

New forms of production, the use of chemicals, biotechnology and globalisation have thoroughly changed our agriculture over the last decades.

It is suffering more and more from the effects of industrialisation, something that is mainly characterised by monocultures and the intense use of synthetic resources. It is true that this has resulted in a much higher harvest yield in some areas of the earth, but global soil quality has rapidly deteriorated, and groundwater is contaminated with nitrate in many places due to the use of nitrogen fertilizers. As early as 1966, Hermann and Dr Ernst Mahle, the founders of the MAHLE FOUNDATION, warned: “The destructive effect of toxic substances for pest control and of poisonous chemicals in the water are starting to frighten people”. The founders pleaded for “more commitment to the gentle biological method of crop protection and natural tillage in the future”.

German, European and global agriculture need a fundamental change, and this too is beyond question for Oliver Willing. It has to be sustainable, it has to protect natural resources and it has to support life. It is the only way agriculture can overcome future challenges. “With a view to the future of agriculture, organic farming is the best model”. Oliver Willing is neither a pessimist nor a nature lover unfamiliar with the topic. He is rather a thought leader who would like to deliberately promote organic farming.

He is an agronomist and the CEO of Zukunftsstiftung Landwirtschaft (Future Foundation for Agriculture), which, like the MAHLE FOUNDATION promotes pioneering projects in the field of organic farming – many of them are supported by both foundations.



Oliver Willing

The main focus is the promotion of innovative projects in the areas of breeding, research, education and the practice of organic farming. In terms of content, the cultivation of seeds for organic farming as well as keeping seeds free from genetic contamination is at the centre of the promotion.

Willing explains: “The main principle of organic farming is a circular economy”. The strength of organic farming, according to Willing, lies in learning from the coexis-

tence of natural systems and so enabling living diversity. Organic farmers are therefore promoters of natural processes and interactions. They preserve and create biological resources, and by this bring about an agriculture which attaches central importance to living beings on our planet. Moreover, they do this completely without synthetic chemical fertilizers or pesticides. In order to achieve permanent soil fertility, they spread natural fertilisers like compost or manure on their fields. And ideally, instead of importing soy beans from overseas, they even grow feed for their animals on their own farm. Organic farming is sustainable in the true sense of the word: it is the answer to the problems of climate change, exhausted and eroded soil and species extinctions of unknown proportions. “For me, organic farming is the most sustainable economic system in agriculture”, Willing says.

*Healthy soil - healthy plants:*

*organic farming is the most effective method of maintaining soil fertility long term*

**“TAKING A LOOK INTO THE FUTURE OF AGRICULTURE, ORGANIC FARMING IS THE BEST MODEL”.**

*Oliver Willing, Agronomist*



The way we currently produce food with its emphasis on efficiency and growth has, to a large degree, standardized agricultural production. Cows in the meadow, varied crop rotation and beautiful cultural landscapes are images of a diverse rural idyll which is in danger. Worldwide, farmers are generally using the same seeds and the same animal breeds that are exclusively aimed at achieving the highest yield. “The breeding companies, which cover 70 per cent of the global market, have the conventional farmer and his circumstances in mind”, Willing says. The effect of this, he adds, is a standardisation that makes intensive farming independent from the constraints of location, to put it positively. This means farmers who use huge amounts of

**“THE CURRENT HUNGER, FINANCIAL, ENERGY, AND CLIMATE CRISES ARE ALL SYMPTOMS OF A SINGLE OVERARCHING CRISIS IN WHICH EVERYTHING, EVEN LIFE ITSELF, IS BEING MADE INTO A PRODUCT”.**

*Vandana Shiva, Eco-Activist and winner of the Alternative Nobel Prize*

synthetic nitrogen can plant high performance wheat everywhere, even in sandy soils, which are normally completely unsuitable for this kind of agriculture. And because nitrogen fertilisation has made it widely possible to separate animal husbandry from plant cultivation, specialisation and concentration in farming are progressing steadily. Abandoned farms, monoculture and factory farming are the most pressing problems for German agriculture. For instance, huge amounts of fer-

tiliser from factory farming and a high use of fertiliser on oversized fields are responsible for the pollution of our groundwater. The nitrate levels in the drinking water of Mangfangtal, a valley southwest of Munich, fell significantly after most of the farmers changed their farms from conventional to organic farming. This measure was supported by the Munich utility companies, and made it possible for animal husbandry and agriculture to once again be combined into one economic circle. Now, the use of the land, farming and livestock husbandry are adapted to what the location can offer, they are connected organisationally and proportioned. Willing sums up: “This is high art, this is management”.

When it comes to seeds and patents on life, Oliver Willing is probably close to the statement of eco-activist Vandana Shiva, winner of the alternative Nobel Prize: “The present crises of hunger, finance, energy and climate change are symptoms of one single, comprehensive crisis where everything, even life itself, is turned into a commodity”. The fact is that seeds, the most significant basis for our food, have developed from an important cultural heritage to a profitable asset over

the last decades. This ended a tradition which had lasted thousands of years. A tradition where farmers were the ones to propagate their crop seeds, to distribute them on their fields, to keep or select part of their harvest for the next sowing or exchange them with other farmers.

In this way, a huge variety of locally and regionally cultivated plants could be preserved and the seed could be continually adapted to changes in the environment. Importantly, the farmers themselves were in control of their own farming. Nowadays, however, they no longer harvest seed from their own plants, but buy it from big seed companies as a certified product that very often cannot be reproduced. Just a few global players dominate the seed market and the variety of crops is restricted as much as the farmers' independence. Finally, the industrialisation of agriculture culminates in agro-genetic engineering, a highly controversial and risky technology aimed at the standardization of all crop plants, their patenting, as well as a reduction in their fertility. Oliver Willing has a rather critical view of this privatisation of common property because, as he argues: “seeds carry life and epitomize fertility”. It is mainly with respect to the seeds that the question of what kind of agriculture do we want to have in the future becomes most prominent. Willing thinks that if we consider all the facts, a change is unavoidable. Or, to put it as drastically as Felix zu Löwenstein in the subtitle of his book “Food Crash”: “We will eat organic food or we won't eat any at all”.



**Oliver Willing**  
Agronomist, and since 2007, Managing Director of the Future Foundation for Agriculture  
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AGRICULTURE & NUTRITION

# FROM THE REGION – FOR THE REGION: THE REGIONALWERT AG FREIBURG

Strawberries at Christmas, grapes in the spring, tomatoes and cucumbers all year round: everything is in season on our supermarket shelves.

Wherever our fruits and vegetables may be produced, they are usually grown in huge, computerised greenhouse factories and ripen in artificial substrates instead of natural soil. Apples are flown in from Chile, tomatoes are imported from the Netherlands, beef from Argentina, lamb from New Zealand. However, locally-sourced food has become more and more popular over the last few years. According to a survey, about two thirds of all consumers pay attention to what is grown on their doorstep and what is locally processed. They would like the food on their plates to be tasty and healthy, with fresh and natural staples that have not come from too far away. Many consumers also say that they wish to systematically boost and support local agriculture by buying regional products. It is for this reason that organic farmers enjoy a lot of support when they run farm shops or offer "green boxes" containing fresh, local fruits and vegetables from their own farms. It is also becoming more frequent for a group of consumers to cooperate with a local Demeter farmer using the slogan: "solidarity in agriculture".

**The central question:  
what kind of  
agriculture do  
we want?**

When you arrive in Eichstetten near Freiburg, an idyllic wine-growing village on the slopes of the Kaiserstuhl, the information boards at the train station list the great variety of local wine, vegetables and fruit that are available. In this village, Christian Hiß, who grew up

on one of the first Demeter farms in the region, founded the Regionalwert AG Freiburg, an initiative with the goal of allowing citizens to participate in agriculture. This was started through a rather long process in which the following questions were also asked: "How can we preserve the smaller farms and the variety in our region? How will this region be farmed in the future?" The basic question, however, was: "What type of agriculture would we like to have?" All participants were well aware of the fact that there were no simple models. But Christian Hiß, initiator of the movement, is a visionary lateral thinker, someone who thinks outside the box and creates new content for common terms.

As the head of the first economic, ecological and social citizen-owned stock company in Germany, Hiß wants to oppose the structural change in agriculture, something not just confined to Freiburg and its surrounding area, with an actively-managed transparent alternative. He talks about a "new deal" between town and countryside, about a partnership which facilitates a "value-based economy in rural areas".

Most investors would say that an investment with low returns is not for them. But this is not true for the current 520 shareholders of Regionalwert AG, which is, by the way, not listed. They pursue other values. They



*The regional value creation chain of Regionalwert AG stretches from the farmers, through the processing, and to the shelves in the natural foods stores.*

take on responsibility for local, sustainable food production in the Freiburg region, and they therefore specifically invest in organic agriculture and local ecological companies. Be it organic farms, ecological markets, organic nurseries or ecological food caterers, it is the aim of Regionalwert AG to acquire an interest in companies which cooperate as partners, and which complete the value chain and revitalise the economic cycles. Moreover, Hiß was able to preserve small-scale farms, help them convert to organic production and offer a future in agriculture to more than one qualified and highly motivated young entrepreneur.



Obstgut Siegel KG, a fruit grower, is one of the currently 19 partner companies within the network of Regionalwert AG. In 2009, Joel Siegel was offered the unique chance to set a new course for his future. He was an aspiring fruit grower, but his parents did not

own any farmland that they could have passed on to him. So he took over a run-down farm with all its rented area in Norsingen, which is about 13 kilometres south of Freiburg, and converted it to organic farming shortly thereafter. "The start was far from being easy", he remembers. Within half a year he had spent all of his money and still needed to invest urgent funds to update run-down machinery and the orchards. What could be done? The banks refused a loan, there were no subsidies available for the businessman. Nevertheless, Siegel was able to make his life-long dream of owning his own ecological fruit farm come true: He contacted Regionalwert AG and met Christian Hiß who, after being convinced by the business model, saved him from almost certain ruin with financial help. Hiß says: "Right from the beginning it was exciting to work with classic capitalist terms, but to question them and to interpret them in a broader way". It is a fact that the shareholders of Regionalwert AG participate in the profits and losses of the partner companies just like in other stock companies. But their return on investment, that is, the

## AGRICULTURE & NUTRITION

result of their investment in a company, “cannot be expressed in monetary terms alone”, Hiß explains. “We also consider the additional value that comes from the economic, social and ecological action between the partner companies”.

In the light of these considerations, the Regionalwert AG does not only make up the balance of profits and losses, but also appraises the socioecological value in addition to the mere financial result. Every year, the partner companies list and assess several aspects with sustainability indicators designed specifically for the purpose: “How have soil fertility and cultural landscape developed? How many people are safely employed, and how much do they earn? Does the company train young people for the job? How far do the goods travel?” In practical terms, this means that the annual financial statement of the stock company also accounts for a socioecological return, although this part of the value chain has not been turned into money so far. However, in order to make the shareholders see that profits do not increase if farmers damage soil fertility by using monocultures, mineral fertilizers and pesticides, Hiß wants to develop monetary criteria and then include the result in a balance of public welfare. “In doing so, we will open an important door to the future”, says a confident Hiß when talking about the project, which is now at the top of his personal agenda.

The Regionalwert AG is a story of success. More and more people all over Germany invite Christian Hiß to speak about his unique model project or to hold seminars. The media often reports about him and he has been awarded two prizes. In October 2009, Christian Hiß became an Ashoka Fellow, which includes a three-year scholarship. The German government's advisory board, the “Rat für Nachhaltige Entwicklung” (Advisory Board for Sustainable Development) also honoured his work with the newly introduced “Social Entrepreneur of Sustainability” prize in November 2009.

In a press release, the Advisory Board for Sustainable Development reports that “Christian Hiß with his Regionalwert AG offers an alternative model to the growing alienation between food production and consumers, as well as to the progressive process of concentration in the global food industry”.

### WITH A BALANCE SHEET OF COMMON GOOD, WE ARE BREAKING OPEN AN IMPORTANT DOOR TO THE FUTURE.

*Christian Hiß,  
Chairman and CEO, Regionalwert AG*



**Christian Hiß**  
trained gardner and Master of Social Banking, has been the Managing Director of Regionalwert AG Freiburg since 2006  
More information at:  
[www.regionalwert-ag.de](http://www.regionalwert-ag.de)



## THE WORLD AGRICULTURAL REPORT: A PLEA FOR A WORLD WITHOUT HUNGER

Local talk with Dr Hans Rudolf Herren, President of the Millennium Institute in Washington D.C. and of the Swiss Foundation Biovision; Winner of the Alternative Nobel Prize

All over the world, our agriculture is changing. A continuously growing world population, the fight against hunger and poverty, a secure energy supply as well as increasing environmental and climate damage – all these factors are closely linked to the way our food will be produced in the future. Additionally, the manner in which the global community decides to produce food will determine the ecological and economic, social and cultural future of our planet. On this point, the IAASTD, sometimes also called World Agricultural Report, with its 2,000 pages, published as early as in 2008, does not leave room for a single doubt. The report, which was commissioned by the United Nations and the World Bank, states that industrialized farming, with its intensive production methods, is not suited for eliminating hunger in the world. It says that it is rather the smallholder structures of an ecologically and regionally adapted agriculture that can secure food for the world's population. This is what the following talk with Dr Hans Rudolf Herren is about. As Vice President of the International Assessment of Agricultural Science, Knowledge and Technology for Development (IAASTD), he played a prominent role in the production of the report.

Dr Hans Rudolf Herren is an internationally renowned entomologist and an expert in the field of sustainable agriculture, and he has won a number of awards. One of them is the World Food Prize, which was awarded to him due to his success in combating the Cavassa mealybug, a pest that is found all over Africa, with ichneumon

**“I AM CONVINCED THAT WE COULD REDUCE HUNGER IN THIS WORLD CONSIDERABLY IF MORE RESEARCHERS WOULD USE THEIR KNOWLEDGE LIKE HANS RUDOLF HERREN DOES”.**

*Jimmy Carter, former U.S. President*

flies and ladybirds. In this way, Herren prevented a famine and saved the lives of millions of people. Jimmy Carter, former President of the United States, commented: “I am convinced that we could reduce hunger in this world considerably if more researchers would use their knowledge like Hans Rudolf Herren does”. From 1994 to 2005, Herren managed the ICIPE International Research Institute in Kenya. It became clear to him there how little the scientists oriented themselves toward the needs of the farmers. For that reason he started the Schweizer Stiftung in 1988, which manages 35 projects in east Africa with the goal of promoting knowledge transfer and exchange with the rural population. Since 2005, Herren has also served as President of the Millennium Institute in Washington D. C., which supports countries with systemic models in order to introduce sustainable development. He was awarded the Alternative Nobel Prize in 2013 for his tireless dedication to the fight against hunger and poverty.

*Nowadays, there are untold thousands of reports about the situation of global agriculture. The Food and Agricultural Organization of the United Nations (FAO) publishes a report on world nutrition every year. Dr Herren, what do you think is so special and unique about the World Agricultural Report?*

The World Agricultural Report is the first report created in a voluntary association of public, civic and private participants, i. e. in a multi-stakeholder forum. This means that it wasn't just scientists who sat around a table, as it was with the Intergovernmental Panel on Climate Change (IPCC) or the Millennium Ecosystem Assessment (MA), but also farmers, sociologists, agronomists, conservationists as well as representatives from the industrial and business community. You could say everyone who is involved in agriculture and nutrition. In a sometimes rather difficult process that has been going on for three years, more than 400 experts from 110 countries summarized their experiences with global agriculture in the World Agricultural Report. What was new about this approach was that agricultural researchers should develop solutions not only for the farmers, but with them.

In this way, we did not only have scientifically controlled information published in trade journals, but also sound traditional and regional knowledge from all cultural areas. The farmers' knowledge from farming was extremely important for the World Agricultural Report because such practical knowledge gets wasted despite its outstanding importance for global agriculture. What we really tried to reach with establishing the report was a consensus across all social groups, something

we are all in desperate need of today. That is why the official title of the organization is “International Assessment of Agricultural Knowledge, Science and Technology of Development” or IAASTD.

*It is rather interesting that the report was meant to involve all stakeholders. On the other hand, some representatives from agricultural research and agribusiness said afterwards that the World Agricultural Report was ideological and that its claims were far from realistic. Can you explain this?*

As I have said before, we wanted to have everyone in the same boat, be it farmer or chemist. And we managed this because the entire agricultural spectrum was present, among them also representatives from Via Campesina, an international movement of small farmers and landless people. It was their input, but also that of other participants who did not come from universities, that was afterwards dismissed as ideology. But the really difficult discussions were not about the participation of the farmers, but about the topics of genetic engineering and pesticides because the people who think that the Green Revolution, i. e. the use of modern cultivation methods in order to increase agricultural production in developing countries, wanted to have support for their point of view.

Aside from this, the results of the World Agricultural Report match the interest of most participants, and there are also scientists who do acknowledge the World Agricultural Report.

*Yes, that is true. For instance, professor Dr Stephan Dabbert from the Institut für Landwirtschaftliche Betriebslehre (Institute for Agricultural Business Operations) at Hohenheim University stated that there was no reason to doubt the scientific quality of the World Agricultural Report. Then why has Germany, being an important actor on the global stage, not signed it, although the soundness of its science has been confirmed many times?*

The final report of the International Assessment of Agricultural Knowledge, Science and Technology of Development has been accepted by 59 countries so far. I'm sorry to say that although the United States, Canada and Australia were involved in the process, in the end they refused their consent because of the report's critical assessment of industrial farming, genetic engineering and the global agricultural trade. Germany did not take part in the IAASTD, and because the report was not supported by a political majority in the German Bundestag, it was not signed. Nevertheless, the report has become a standard work in many fields of civil society.

*What were the central insights, messages and challenges of the World Agriculture Report?*

The central message is: Business as usual is not an option. Under this heading, the IAASTD demands a radical paradigm shift in agriculture from industrial mass production to an ecological, multifunctional, sustainable small-farm agriculture which protects soil and water and also maintains and promotes the natural soil fertility and biodiversity. That is why the agricultural ecology that, in a global view, is mainly practiced by peasant families has a key function in the report: its concepts are mainly based on traditional and local knowledge. Whereas genetic engineering, the report states, will hardly play a role in fighting hunger and poverty in the world.

It is also worth mentioning that food sovereignty, a worldwide concept for the realization of the human right for adequate alimentation, is one of the main topics. Food sovereignty means that all humans and countries have a right to define their own policy for agriculture and alimentation because hunger and poverty can only be fought locally and regionally. This was the summary of the World Agricultural Report.



*What should global trade policy be like to eradicate hunger in the long run?*

It is a fact that agriculture in Europe, Canada and the United States is strongly subsidized. This means an excess of food at a reduced price comes onto the global market. It is unacceptable that American sweet corn is offered in Kenya at a price that is thirty per cent below the local production price. Another example: Kenya imports milk powder from Europe. This is mixed with water, gets a new package and is sold cheaper than the locally produced milk. It is impossible for the local farmers to keep up with such price dumping. That is why developing countries need more freedom that allows them fair access to the local markets as well as to the export of food. Moreover, there must be investments in the development of infrastructure.

This may include, for example power supply to rural areas in order to ensure some added value through the processing of agricultural products. Apart from that, natural resources like soil and water, advice and markets should be guaranteed in order to use the enormous potential of ecologically sustainable peasant farming. The World Agricultural Report also points out the necessity of empowering mainly women because they are the ones who ensure that their families survive.

Studies show that harvest yields could be increased by 20 to 30 per cent if women were given similar chances as men.

*The United Nations set ambitious targets at the beginning of the 21st century with the Millennium Development Goals. Among them is the intention of halving the number of the people who suffer from hunger and live in extreme poverty. At first sight this seems similar to the World Agricultural Report, which also wants to fight hunger and assigns a central role to women. Dr Herren, you have been involved in the post millennium process that will start in 2015. That is why I would like to ask you: What is the main difference between the development goals of the international community and the World Agricultural Report? What do you think the balance of the United Nations in 2015 will be?*

The World Agricultural Report is placed in a geopolitical and also global scientific context, whereas the Millennium Development Goals are really limited to developing countries. Our big question was: "How can we stimulate a change of direction in global agriculture during the Rio Summit in June 2012?" Finally, the World Agricultural Report proposes concrete ideas and measures by which it can be changed so that it can cope with future challenges like the growing global population, the change in demand, the threat to ecological systems and climate change. That is why one year before the official Rio summit a common alliance with NGOs from all over the world was started. They summarized the most important claims from several meetings in a position paper called "Time to act". And indeed, some of our claims for a sustainable agriculture and global food security were widely adopted in a draft for the Rio summit. This is a milestone in our commitment

for the promotion of ecological agriculture and peasant structures, and we are well-satisfied with the final declaration of Rio+20. The Committee on World/CFS was given the task of supporting the individual nations on their way to a sustainable agriculture. In doing so, the CFS will rely on the World Agricultural Report and, what is especially important, not only include representatives from governments, the private sector and science in the process, but also representatives from practical agriculture and civil society.

*Current forecasts say that in 2050, about nine billion humans will inhabit the earth. Is it possible to produce enough food for such a number of people on our planet?*

Even today we produce 4,600 kcal per person per day, that is more than twice as much as is needed to feed seven billion people on our planet. Nevertheless it is estimated that 805 million people on this planet suffer from hunger today. A further two billion are malnourished and have a vitamin deficiency. 2.1 billion adults are overweight, 500 million of which are obese. To produce one calorie of meat, up to 12 calories of plants are needed. About 30 to 40 per cent of all the food bought in the Western world is thrown away. And a growing percentage of agricultural produce is no longer meant for human consumption, but is being used as feed or for industrial purposes. At the moment,

there are voices that want to campaign for an increase in agricultural production through the introduction of more genetic engineering, more artificial fertilizer and more pesticides as the answer to the worldwide nutrition situation. The International Assessment of Agricultural Science and Technology for Development, however, urgently demands a rejection of industrial agricultural production for a regional, versatile, rural modernization of agriculture based on local knowledge.

For in our view, only a more local production that leads to strengthening about 500 million small farmers worldwide is a strategy that promises success in the fight against hunger in the world.

*Thank you very much for the interview, Dr Herren.  
Interview conducted by Gerda Brändle.*



**Dr Hans Rudolf Herren**

Internationally-recognized insect researcher and expert in the area of sustainable agriculture who has won multiple awards. In 1995 he was honoured with the World Nutrition Prize. Until 2005, Herren headed the International Centre for Insect Physiology and Ecology (ICIPE) in Kenya. Since then, he has been president of the Millennium Institute in Washington, D.C. and of the Swiss foundation Biovision, which he founded.

## HEALTH &amp; WELLNESS

## HOLISTIC – INDIVIDUAL – INTEGRATIVE: CHILDRENS' HEALTH CARE AT THE FILDERKLINIK

Located on the outskirts of Stuttgart, MAHLE-STIFTUNG's (MAHLE FOUNDATION) central funding project was established between 1972 and 1975: the Filderlinik in Bonlanden, an area within a city called Filderstadt.

The Filderlinik is a hospital with an anthroposophic background. Hermann and Dr Ernst Mahle, owners of the MAHLE companies and founders of the MAHLE-STIFTUNG, had the most influence on the planning and construction of the building. Their financial efforts played a major role in establishing the "Project Filderlinik". Over the last few decades, the MAHLE-STIFTUNG supported the innovative capacity of the clinic with about 76 million euros, which has led to dynamic growth and lasting success. In January 2006, a new chapter in the clinic's history began: MAHLE-STIFTUNG became a shareholder in the newly-established charitable limited liability company (gGmbH). Its new role includes corporate responsibility for the emergency hospital in Filderstadt.

The main founders' wish was to establish a modern hospital on the plains called Filder, a hospital that should give fresh impetus to the art of healing and promote holistic diagnosis and therapy – very much in line with anthroposophic medicine. The founders' vision lives on. Today, the Filderlinik is one of three anthroposophic hospitals with a public health mission.

The hospital, which has 219 beds, boasts the latest medical equipment, has the most important specialist departments and offers high-class medical services in the fields of surgery, internal medicine, oncology, intensive care, paediatrics, gynaecology and psychosomatics.

**"I HAVE NEVER EXPERIENCED  
SO FEW COMPLICATIONS  
AND SO MUCH CALMNESS AS  
ON THIS WARD".**

*Dr med Markus Krüger,  
Specialist for paediatrics and adolescent medicine,  
pneumology, endocrinology, and diabetology*

Among local hospitals, the Filderlinik is considered very special because it offers a unique way of combining scientific university medicine with proven natural healing methods. Modern holistic medicine, devoted care, close contact with patients and a competent, humane and warm atmosphere – these are the characteristics of the Filderlinik. Clinic management not only maintains its focus on anthroposophic medicine as its unique core competency, but also develops it, and in this way positions itself with a holistic, integrative way of healing that not only concentrates on the treatment of symptoms, but places the human being and the mind, body and soul at the centre of its interest.



Once the examinations have been completed, the doctors and therapists work out a treatment plan that is tailored to the individual needs of the child

At the Filderlinik, paediatrics and adolescent medicine is one of the specialist departments that has gained an excellent reputation within the last twenty years, a reputation that reaches far beyond the borders of the Filder region. Parents from all over Germany travel to Filderstadt to have their children treated there. In particular, the neonatology, infant psychology, adolescent psychosomatic and neuro-paediatric departments could treat more patients if only there was enough room and personnel to treat all who want to stay at the hospital. In addition to the departments already mentioned, there is also one for acutely and chronically ill children. Senior physician Dr David Martin heads this ward. The treatment focuses on children's bronchial asthma, diabetes mellitus, chronic inflammatory bowel disease, neurodermatitis and psychosomatic problems. For the children's treatment, orthodox medicine is combined with complementary methods like music therapy, eurythmy therapy or anthroposophical curative education and psychological psychotherapy within a holistic framework.

Even external applications like oil dispersion baths, organ embrocations, rhythmic massage, compresses and poultices as well as the administration of anthroposophic drugs from the plant and mineral kingdom are part of the integrative therapy concept. For instance, ADHD patients with body awareness issues are taught in a sensory garden. Rudolf Steiner's "Study of Man" is the basis for the therapy.

Treating sick children, however, is only one part of the therapy, says Dr Markus Krüger, who has been Head of the Department of Paediatrics and Adolescent Medicine at the Filderlinik since April 2013. "The parents' problems are sometimes as big as those of the child, particularly when dealing with psychosomatic diseases. We want to take this further into account by intensifying the cooperation with the adult psychosomatic department". The Filderlinik has long since recognized that a good relationship between mother and child plays a significant role in the child's development. This is true for healthy children, and especially those who are ill.

## HEALTH &amp; WELLNESS

When a mother and child cuddle up for the first time, this is a moment of big emotions for both. “Do the kangaroo” is what they call it on the premature infant ward when the tiny human being is placed skin-to-skin with the mother and can feel her heartbeat and warmth.

This sense of security that the mother's presence offers has a fast and measurably positive influence on the baby. And if the music therapist is playing soft notes on his harp filling the room with music – something rather unusual in a neonatal ward – both mother and child become enveloped in an atmosphere of peace and quiet. The excellent modern medical equip-



ment is hardly noticed, but it is also present and being used in the Filderklinik. Dr Markus Krüger likes to stress that “what we are doing here is normal intensive and acute medical care and all that comes with it. We treat premature infants from week 29 of gestation”. It is obvious that the connection of modern medical technology, complementary therapies and human warmth has a positive effect. The experienced paediatrician says: “I've never encountered so few complications and so much peace and quiet until I came to this ward”. Future plans will connect the child and youth ward with the maternity ward. This is an innovative concept, and it is likely that the Filderklinik will be as pioneering with it as it was with rooming-in. This means that mother and child stay together around the clock, which is now a widespread concept. Mothers are already able to stay in the neonatal ward, which is headed by Dr Dieter Ecker, so they are close to their seriously ill newborn children or premature infants and support them from the first days of their life.

Head of Neuropaediatrics is Dr René Madeleyn, a ward that is unique in its own way. This ward treats children with diseases of the nervous system, like epilepsy, severe disabilities and developmental disorders. The use of the ketogenic diet shows that it is not always necessary to administer drugs. Even if a series of chemical antiepileptic drugs has failed to stop the seizures of children suffering from epilepsy, it is possible that the diet can significantly improve children's health or may even stop the seizures completely. The parents are taught the use of the ketogenic diet in a two-week course at the Filderklinik so that they can continue this special diet for their children at home.

*Cuddling with the mother, the newborn experiences closeness, warmth and safety*



The team of Dr Karl Heinz Ruckgaber, head of the adolescent psychosomatics, has also been very successful. This is especially true for the treatment of eating disorders like anorexia nervosa and bulimia. Rubs, eurythmy and art therapy are part of the treatment and go well together with a structured daily routine with shared meals, excursions and group therapies.

How well are our children in general? Krüger does not agree with the frequent complaint that children nowadays are mostly fat, sluggish and binge drinkers. “Of course this happens. But what is healthy, normal behaviour? And how do children react to pressure from adults? I believe children are healthier than we give them credit for. Even if some of them suffer from chronic diseases, their development is very positive”. The Department of Paediatrics and Adolescent Medicine at the Filderklinik has certainly made its contribution.

*The holistic approach of the Filderklinik is also reflected in the building's architecture*



**Dr med Markus Krüger**  
MD Markus Krüger, specialist for paediatrics and adolescent medicine, pneumology, endocrinology and diabetology. Head of the Department for Paediatrics and Adolescent medicine at the Filderklinik.

## HEALTH &amp; WELLNESS

## A HEALTHY DIET CAN DO MORE THAN JUST AVOID DISEASES

What is a healthy diet? The answer to this question can differ considerably, and according to new studies, it is also subject to change.

Every now and then, a new diet turns up claiming to be especially healthy, but then it disappears after a short while because it is found to have caused one or the other nutrient deficiency. There is just one general rule of thumb for a healthy diet: wherever possible, food should be fresh, regionally sourced, organic or biodynamic, and it should consist of only a little meat with as much fruit and vegetables as possible. In a nutshell: avoid industrially processed food. It is therefore most surprising to find convenience food in places where a healthy diet should be more important than elsewhere: in nurseries, schools and hospitals. The reason given for this is that it saves time and possibly money. The Filderklinik, an anthroposophic hospital in Stuttgart in southwest Germany, is different.

The meals here are prepared as much as possible from vegetables or salads, which are freshly delivered every day. This means frozen vegetables are only used in the winter to be able to offer some variety. Tinned food is also rare; if there's no alternative, sometimes food

in jars may be used. All food comes from regional and seasonal production. Roman Wirth, chef de cuisine at the Filderklinik thinks it is "awful that food which has travelled across Europe is cheaper than regional food". Whenever possible, comestibles used at the Filderklinik are from biodynamic production (Demeter quality). However, this cannot be maintained for all cases for two reasons. The first one is that the nursery of the Karl Schubert community is unable to grow the necessary amount of food for the 350 meals offered every day. The other reason is economics. "Health insurance providers are not willing to pay more for good food", Roman Wirth says. However, you can achieve a lot if you cook seasonal food. He has found that organic food does not need to be more expensive than conventional products if you only buy what is currently ripening in the fields or in the gardens. In all other cases, the hospital kitchen uses conventional supplies.

The hospital offers three kinds of diets: normal, vegetarian and light. Since 2014, light food has been completely vegetarian. Soups, which are included in all of the diets, are generally vegetarian. The normal diet offers a meat option every day. "We once thought about having one vegetarian day per week for all hospital patients", says Roman Wirth. "But around this time, the German Green Party created a lot of excitement with their proposal for a general meat-free day, so we gave up on it". Additionally, we would not want to patronize anyone, as everyone should be able to take responsibility for their own decisions.



**"WE ARE SURE THAT THIS TYPE OF NOURISHMENT PROMOTES RECOVERY, AND HOLDS THE BODY AND SOUL TOGETHER".**

*Roman Wirth,  
Head Chef, Filderklinik*

Fresh fruit is also included in all three diets. Apples are available throughout the year, and other fruit is offered depending on the season. Those who do not wish to have fruit can opt out, however. "Otherwise, we would have to throw it away for hygienic reasons", Wirth says.

In addition to the quality of the food itself, the preparation is equally important. "If you heat the water for your tea in a microwave oven, you might as well not worry about healthy food at all". This is the firm conviction of the chef, who worked in the hotel sector before he started cooking for the hospital.

Great effort is made in the Filderklinik to reduce holding times between cooking and serving to twenty minutes. During this short amount of space of time the meal's healthy nutrients are not destroyed by the heating process. "We are positive that this type of nutrition aids recovery and keeps soul and spirit together", Roman Wirth stresses.

Another type of health food is the so-called ketogenic diet. This is used with children suffering from epilepsy and is usually used in addition to their medicine.

Occasionally, it can even make medicine superfluous. It is therefore no surprise that the medical doctors are in charge of writing an individual prescription for each patient. It is based on an exact calculation of caloric requirements, as well as fat and protein content. The diet is high in fat and lower in carbohydrates and proteins. The so-called ketogenic ratio, i.e. the ratio between fat on the one hand and carbohydrates and proteins on the other, can be 2:1, 3:1 or even 4:1, depending on the requirements of the patient. Intermediate ratios are also possible. For a tomato soup, for instance, tomatoes and courgettes are enriched with olive oil, cream and alpine cheese.

This sounds very complicated at first. But the parents get six days of training in the special ketogenic kitchen while their children stay in hospital, usually for ten to twelve days. The kitchen contains precise scales as well as a computer. The program that combines the chosen number of meals is easy to use because it is a simple Excel program with a nutritional value table in the background. At the end of the training, the parents can take the Excel file home with them. According to Martina Kohler-Wolf, a professional dietician who teaches the

### HEALTH & WELLNESS

parents at Filderlinik, it doesn't take long before parents cook the meals without any problems. She says one mother has even developed her own recipes by using the nutritional value table and collected them in a lovingly-designed little cookbook.

The ketogenic diet has existed for about a hundred years, as Martina Kohler-Wolf tells us. It was forgotten about for a long time and has reappeared in the last 20 years. It is especially effective where anti-epileptic medication has no or an insufficient effect. The experienced dietician explains the background: She says that the brain normally gets its energy from glucose. "This is why you have to consider: What do I have to do to keep dextrose away from the brain?" The result of the ketogenic diet is that the body must adapt to a fat metabolism instead of a sugar metabolism. During the first few days of a diet, the blood must be examined thoroughly because ketone bodies are acids and the diet might therefore result in hyperacidity. As well as the blood, the brain is also monitored with EEGs. According to Kohler-Wolf, one week's stay in hospital is usually sufficient for the patient to adjust. It works

faster with smaller children than with older ones. Do children accept the diet? Kohler-Wolf admits: "Older children usually have more difficulties than younger ones". But the children do not really have to give up too much. The diet allows even homemade chocolate. Apart from that, the ketogenic diet is tested for three months with every child to find whether it works. If that is the case, the children should stick to it for two years. After that time, they can slowly return to normal food.



Roman Wirth  
Trained cook and Executive Chef at the Filderlinik since 2011



Martina Kohler-Wolf  
Trained dietician and responsible for the ketogenic diet at the Filderlinik's paediatric ward since 2007



*Regional ingredients prepared fresh - an important aspect of healthy nutrition*

## EATING CULTURE SHOULD BE PART OF A HEALTHY CHILD'S DIET

Too much, too sweet, too much fat... These are the keywords we hear when discussing a healthy diet for adults as well as for children.

It is therefore not surprising that typical adults' diseases are spreading among children in addition to their normal childhood diseases, which are necessary for the organism to develop its immune system.

Another name for type 2 diabetes mellitus is adult-onset diabetes, but nowadays it is also frequently found among youngsters when they are overweight. This

Approach to Raising Healthy Children" mentions an additional aspect: the lack of an eating culture. It is unusual these days to eat three family meals while sitting together at a table. Instead, everyone grabs a bite whenever they are hungry or just bored. Quite often, they eat while standing or watching TV instead of consciously enjoying the meal. "This permanent eating and continuous sucking can already be observed with small children, and it is harmful", the medical doctor says. According to her, it is important to give the digestive organs a chance to rest as well as to eat regularly at fixed times. "That way, the body will know in advance that there is work to be done and can prepare for it".

Dr Glöckler explains that digestion is an exhausting process. For a healthy human being, this process should by no means be eased because this is where the organism gets its energy from. "Good digestion means the destruction and breaking down of a foreign organism like, for instance, a bit of fish or vegetable", as an example for all types of food of animal or plant origins. Minerals, too, must be dissolved and their crystal structure broken down. A healthy person, she says, can digest every type of food. And with good digestion, added vitamins in food are superfluous. She warns against making digestive work too easy or even unnecessary because in doing so, the body's own activity would be weakened, and this would not be beneficial for the organism. In her eyes, the aim of healthy nutrition is not a light diet, but a wide range of food which satisfies every physical need. What about allergies

happens more often than it used to due an oversupply of food, especially sugar, and too little exercise, because on the one hand, children often have too little space to run around in, and on the other, spend a lot of time in front of the computer or television. Dr Michaela Glöckler, head of the medical section at the Goetheanum in Dornach, Switzerland, and author of the book "A Guide to Child Health: A Holistic

which are increasing rapidly? "You may try to achieve a certain tolerance by giving very small portions of the food in question, provided the allergy is not too strong", the expert encourages. "With food allergies, you can also achieve desensitization by slowly getting the body used to this type of food". Quoting from scientific studies, Dr Glöckler says 80 per cent of illnesses today are due to nutrition and lifestyle. This means, however, they can be totally avoided or reversed if the diet is beneficial.

As an example, she mentions the Metabolic Syndrome, a condition characterized by obesity and adult-onset diabetes which is only known in industrialized countries. This could be cured to a large extent just by reducing calories and eating mostly vegetables and fruit. She states that a vegetarian diet, i.e. plant-based food plus milk and eggs, contains everything humans need. It can easily be shown how little we actually need if we consider breast milk, which contains much less protein than cow's milk and is still sufficient for a baby to double its birth weight within five months. She says Rudolf Steiner advises against giving children meat, fish or eggs in their first three years of life. This allows them to develop their natural food instincts. After this time, they will know instinctively whether they need meat or are vegetarians.

The first thing that children are fed, in addition to milk, is usually carrots or apples. Dr Glöckler says that this is an ideal combination. Carrots, being roots, are perfect for the brain, apples as fruit kick-start the metabolism, whereas leaves will stimulate the respiratory organs. In her opinion, it is best for both children and adults to have complete meals daily, i.e. to have food from all three groups – roots, leaves, blossoms – on their plate. The expert stresses that nuts and cereals are something special because the whole plant is contained in

the seed: "Nuts nourish everything, but they are also excellent brain food because they contain substances like lecithin. Cereals contain a lot of silica, and this helps to structure and stabilize organ surfaces as well as connective tissue and skin".

It also matters how and where food is produced. The expert generally recommends locally grown food for children. "An apple grown around the corner is more related to us than one imported from New Zealand". The freshness of food also plays an important role. She says that the vitality in freshly ground or squeezed corn is much higher than in a bag of oat flakes which is stored for a year before it is consumed. Many adults think that milk plays a vital role in a healthy children's diet. It therefore matters where it comes from and how it is processed. "Milk in itself is healthy, but the way it is being produced nowadays is not", she says. If cows without horns are only kept inside a stable and their milk yield is pushed up to a maximum by using concentrated feed, the quality of the milk will suffer".

The experienced doctor also says that the homogenization of milk, though a widespread practice, is a risk. "The fat molecules in milk are broken down into minuscule drops and they are directly absorbed by the body. This increases the risk of deposits". In the expert's opinion, products of ecological or biodynamic (Demeter) production are one step ahead as far as healthy food is concerned. "A carrot grown in a well-composted field is slim, strong and has an intense colour. It is harder to digest, you can eat less of it, but it

**80 %**  
of all diseases today are  
nutrition- or lifestyle-related





Fresh food is healthier than frozen

gives you the same energy as a greenhouse carrot and you will not feel hungry”.

However, she says that as part of today's culture we are not always able to eat healthy food and cannot access it everywhere. Therefore, frozen food, as well as food heated in a microwave oven, are acceptable as long as they do not become a habit. She advises that when we shop we should consider whether we wish to support the way in which the food is being produced. In her eyes, it is also important not only to sit down at a table at regular times, but also to consciously enjoy the food and be grateful for the work that other people have done to give us this healthy food. This, she says, is also part of an eating culture and therefore is part of a healthy diet.



The table is set and invites its guests to come and eat together



Dr Michaela Glöckler  
Paediatrician and Director  
of the Medical Section at the  
Goetheanum since 1988  
More information at:  
[www.medsektion-goetheanum.org/en/](http://www.medsektion-goetheanum.org/en/)

# THE TROPICAL GIANT IS STARTING TO MOVE!

2014 was a special year for the whole of Brazil. Brazilian society was polarized by two major events regarding different perspectives that shape its society and way of life.

Brazil is a country of major contrasts. For that reason the struggle between these different perspectives could at times be very severe and intense. The first event was the Football World Cup. Months before the start, concerns were raised about the money invested in stadiums and infrastructure for this one single event. Why not give priority to education, health and public transport? Despite the critics, the World Cup took place and brought life-changing results: We lost the title "Football Nation" and left the glory to a country that is far away from Latin America but which truly deserved it. The memories of the World Cup are still vivid and the loss has not yet been fully digested. But on January 7th it was obvious that Brazil has kept its sense of humour. People active on social media pleaded: "This day should be abolished". Simply because that day is the living memory of a "national tragedy": 7:1!

The second major event of the year was the presidential election with the re-election of Dilma Rousseff. The whole election campaign was characterized by the

direct confrontation of two different positions that have been dominating the development of the young democracy ever since the end of the junta. Social action groups are demanding greater policy transparency as well as effective control mechanisms.

They also asked for concrete measures to solve social issues and existing ethical solutions to be used for the common good. We hear of more and more accusations of corruption, and because this has been widely reported by the media, this has repercussions on the credibility of Brazilian development programs (just one example is the economic expansion program PAC – Programa de Aceleração do Crescimento).

For seven years now, INSTITUTO MAHLE has been active in Brazil, thanks to the support from the MAHLE-STIFTUNG (MAHLE FOUNDATION). During this period, more than 300 projects in education, health and agriculture were funded. Here are some of the many project activities that were co-financed last year:

**INSTITUTO MAHLE**  
 7 years of sponsorship in Brasil,  
 300 projects in the areas of  
 education, health  
 and agriculture

## THE ART OF WAITING

As a consequence of the new democratic constitution, a national health system was established in Brazil in 1988 (SUS – Sistema Único de Saúde). It is aligned with the principles of universality, holism, equality, regionalisation, decentralisation and social involvement. The three political levels control the health system together: federal republic, federal state and local government, with the local government being directly responsible for health care.

The health system is being financed by taxes raised on all three political levels. Therefore, the local government does not only use their own money, but they also rely on support from the federal republic and the respective federal state to secure healthcare. The part of the social budget that should be used for health was originally supposed to be fixed by law, but the regulations for this are still not in place. Every local government administration has a healthcare fund with an advisory board functioning as the decision-making body for it. The decision-making body is responsible for implementing the local government's health program and for securing the necessary resources.

The biggest challenge for the new federal controls are the reforms that still have not been implemented. Here are two: political reform to make the federal institutions democratic and tax reform to increase federal income by more direct and less indirect taxes. "Reform" means overcoming old models of public administration. Healthcare in Brazil is a promise that is yet to be fulfilled. Money exists, but is often wrongly invested, and it makes continuous care difficult.



Art as an instrument for supporting youngsters

In a hospital belonging to the federal university of Minas Gerais, the youth health service provides interdisciplinary care by supplying clinical assistance, education and research. The main focus of the work is on youngsters with behavioural problems, which means they do not make progress at school, or they refuse to eat, they cut themselves, or take drugs.

With the support of INSTITUTO MAHLE, Instituto Undió is realizing the project "The art of waiting" within the youth health service. Here, art is used as way of supporting young people and their families. A clear diagnosis is made possible because the young people find support that meets their needs and respects their specific reality. The project was recently recognized by the Ministry of Health as an innovative concept within a holistic youth health service.

## THE MAHLE-FOUNDATION IN BRAZIL

### GMO-FREE ZONE

A recent article by a renowned newspaper about land distribution in Brazil started a widespread discussion about the concentration of land and food security. According to the National Farm Registry (Sistema Nacional de Cadastro Rural – SNCR), which is headed by the National Institute for Land Reform (Instituto Nacional de Colonização e Reforma Agrária – INCRA), 5.8 million farms cover sixty per cent of the total surface of Brazil (509,305,736 hectares, about 1,273,264,340 acres). But only 1.4 per cent of all farms (78,700 in total) use forty per cent of the arable land. Twenty seven per cent of the entire area of Brazil is occupied by urban agglomerations, protected zones and other uses. Thirteen per cent of the land belongs to indigenous tribes. There is no clear information on how far genetic engineering in agriculture has spread. But it is well known

that the use of genetically modified organisms (GMO) is not restricted or prohibited by law, not even in nature reserves.

Several organisations in the municipality of Botucatu, which in the heart of the Federal State São Paulo have formed a network with the “Brazilian Association of Biodynamic Agriculture”. They want to change local and regional laws and declare the nature reserves around Botucatu a GMO and pesticide-free zone.

INSTITUTO MAHLE supports this network of local organisations and their objective of becoming the first GMO-free nature reserve (Área de Proteção Ambiental – APA) in Brazil.

*The goal is biologically dynamic plant cultivation and the propagation of seeds*



### THE CYCLE OF WOOL

In the eighties, the social movements in Brazil were concerned with a central challenge: the democratization of the political system. It was in this period that the teacher Paulo Freire returned to Brazil from his exile and started a renewal of the Brazilian school system. He criticized the methods of the educational system of the time, which were often very repressive and only followed the method of transferring knowledge from the teacher to the student, who was a passive recipient. In the course of the nineties, this concept was increasingly criticized and new models began to succeed.

Making primary schools universally accessible has been the priority in recent years. Today, 50,042,448 students are registered in primary school. Along with the number of births, the number of students is decreasing every year. That is why the number of places in school no longer tops the list. The quality of education is now the focus. To improve quality, we have to improve more than just access to education. Just as important as this is the continuous training of teachers, improving the schools' infrastructure, student transportation, nutrition and having a say in shaping the schools, which still have a very hierarchical structure.

INSTITUTO MAHLE supports a project in the interior of the State of Minas Gerais. It is called Aiuruoca, which is Tupi-Guarani for parrot's nest. The project is managed by the organisation Broto Brasilis (Brazil Tree Sapling) who manage this project in cooperation with the local state school. The families have discussed the curriculum and have started a symbolic initiative. Working with wool is part of the local and cultural context, but the spinning of wool has become an activity for the



*The young generation is learning how to work with wool*

older generation over the course of time. In the initiative, young and old people had an opportunity to work through the whole cycle of wool together. This collective initiative brought the different generations together by means of an artisan activity, and at the same time gave them space for dialogue. The students, parents and teachers were able to discuss and reorganize the school's curriculum.

## THE MAHLE-FOUNDATION IN BRAZIL

### CARING FOR MOTHER AND CHILD

52 per cent of all children are delivered by Caesarean section. The average recommended by the World Health Organisation is only about 15 per cent. This boom in Caesarean sections in Brazil is breaking all records. The rate of Caesarian delivery in private hospitals is 83 per cent, in one particular hospital it is more than 90 per cent. With such high numbers, the C-section is no longer a surgical intervention that can save the life of mother and child in certain cases, but is getting to be the norm. Several awareness campaigns are trying to highlight the advantages of a normal birth. But the greatest challenge is to change the opinion of the doctors, who claim that the C-section is the safest form of birth.

The INSTITUTO MAHLE supports Casa Angela in São Paulo, which is a centre for mother and child healthcare and natural obstetrics. It is managed by the social initiative of the community association Monte Azul (Associação Comunitária Monte Azul). The birth house

“Casa Angela” respects the complex legal norms and standards and has evolved into the national reference centre for natural birth. At the same time, “Casa Angela” has excellent network connections to different social action groups. Together, they support the implementation of a federal health program which grants the right to a natural birth.

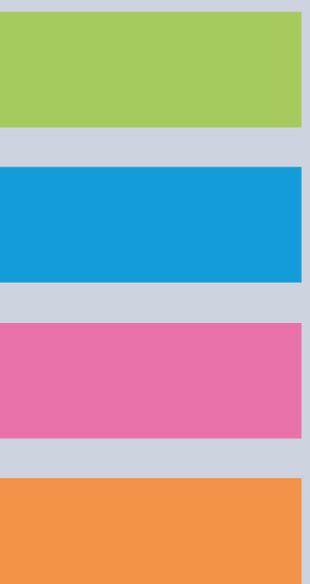
The projects supported by INSTITUTO MAHLE have strong roots in Brazilian reality and often reach the limits of structural problems. However, local initiatives are being promoted and strengthened step by step. This is how the tropical giant is slowly picking up speed. The common objective is to overcome misery and strengthen the democratic principal which is taking a long time to develop, until it is truly effective.



*Centre for Mother and Child Healthcare allows pregnant women to choose a natural birth*



Dr Henner Ehringhaus (Lawyer)  
Commissioner for Brazil for the  
MAHLE-STIFTUNG  
More information at:  
[www.institutomahle.org.br](http://www.institutomahle.org.br)



## SHORT REPORTS FROM ALL AREAS SUPPORTED BY THE MAHLE-FOUNDATION

### AGRICULTURE & NUTRITION

#### X-RAYS CHANGE THE QUALITY OF FOOD

It is becoming more and more normal in food production to X-ray food in order to find possible foreign bodies.

This is also true for organic food. A research institution for biodynamic production (Forschungsring für Biologisch-Dynamische Wirtschaftsweise) in Darmstadt has now examined whether X-rays affect the quality of the products.

In practice, food is X-rayed with a dose of 0.1 to 1 milligray. This is about as much as ten to one hundred dental X-rays. In order to discover foreign bodies in food, a much higher dose of up to 500 milligray is allowed. If this was used on humans, such a dose would cause radiation injuries.

Several laboratories tested the radiation dose used in common practice as well as the highest radiation dosage that was permitted in 2014 using eight sensitive testing methods with the aim of finding out if there are any effects on the food. Here are some of the effects that were noted: If bean seed was treated with a low dose of X-ray, this led to a significantly lower weight in the young plants. By using a special research method, the so-called fluorescence excitation spectroscopy, a clear influence on wheat, radish, lettuce and bean seeds could be determined. In the case of beans, the effects were intensified with plants that were cultivated from the seeds. The cell studies of a plant known as thale cress showed an impairment in its antioxidant enzyme systems.

It is therefore clear that the detection of foreign bodies through the use of X-rays changes food. The results of these studies are now being provided to the organic food industry. This will give producers and retailers of organic food a basis for decision making for or against the use of X-rays.



*The seeds for these ten-day-old bean plants were treated in different ways. One can clearly see the differences in their development*

*More information at: [www.forschungsring.de/en/home.html](http://www.forschungsring.de/en/home.html)*

## EDUCATION & UPBRINGING

### CHILDREN SWAPPING THEIR BEDROOMS FOR THE STREETS

Children are sleeping rough in Germany – this is hard to imagine for many people, and yet it is reality. The youngest of these children are only eight years old. There are many different reasons why they have lost their homes: domestic violence, abuse, alcohol.

Some have been thrown out by their parents. The Berlin Club Straßenkinder e. V. (Streetkids) has been involved with young homeless, the so-called street kids, for more than fourteen years. It is believed that there are 9,000 homeless children in the whole of Germany, almost one third of them living in Berlin. They sleep in derelict buildings or on park benches, they beg, steal or turn to prostitution in order to survive.

Returning to normality is difficult, even with professional help. “If you want to guide street kids back to society successfully, you need a lot of patience, a huge amount of sensitivity and you have to be willing to listen honestly to them without giving them preconceived answers”, says Eckhard Baumann, founder and chairman of the club. Two teams of street workers are on duty several times a week. They go to places frequented by the street kids, they establish first contacts, they distribute food and drink, warm clothing and sleeping bags. They want to alleviate the needs of the homeless children and young people who are often addicted to drugs and live in bad conditions on the streets. It may take months or even years to reintegrate them into society – if that is even possible.

For this reason, Straßenkinder e. V. also does prevention work. Bolle, a club for children and teenagers in the Berlin quarter Hellersdorf-Marzahn, was established in 2010, and its aim is to stop children from ending up on the street. Up to 130 youngsters can have a warm meal here, tuition and help with their homework. But the club also offers room to play.



*Homeless children and adolescents want to be taken seriously*

*More information at: [www.strassenkinder-ev.de](http://www.strassenkinder-ev.de)*

### INTERCULTURAL MEETING BROADENS HORIZONS

On the initiative of the Christian Community in Baden-Wuerttemberg, 41 young people from Germany and 15 from Georgia aged between 14 and 25 met for two weeks in the former Soviet Republic. The theme of their meeting was “the quest for the golden fleece”.

The Germans did not only learn about the country's sacred buildings, folk music, history, religion and mythology, but also discovered that the young Georgians had similar interests with them. Various conversations in German and English and the joint singing of Georgian folk songs in the evenings soon helped to establish a joyful bond between the young people. However, there were some cultural differences as well, such as a different sense of humour or the way that boys and girls interact.

The young people enjoyed some leisure time together, but they also worked together. They moved from Tbilisi to Mestia, and in Anaklia on the Black Sea, their third destination, they helped three experts build a sanitary block with toilets and showers on the grounds of the Christian Community. They also dug drains for the kitchen, painted the 260-foot-long iron fence, and helped with other maintenance and cleaning jobs.

This project broadened the horizons of the young people and established many friendships. Some have formed such a strong bond with the country that they wish to return to Georgia soon. The organizers hope that their travel impressions helped to foster and build healthy character in the young people, and might possibly influence their future life choices.



*By working together, the bond between us grows*

## EDUCATION & UPBRINGING

### CONTAINERS OFFER A SPACE TO PLAY

Play is a basic need for children, and it is as important as sleep, food and drink. Whilst playing, children discover the world and develop their personal skills.

All children will and should play, regardless of their culture or background, or whether they are disabled or not. When children are playing, they experience emotions like pride, joy, but also frustration and anger, and they learn how to deal with them. Not only do children enjoy play, it is also healthy – for mind, body and soul.

In the former Soviet republic of Kirghizia, now Kyrgyzstan, a country that has enormous economic problems, children can play in two playground containers donated by the Stuttgart culture club KuKuK e.V. One of the containers was placed near a nursery in Tamchi Issykk-Kul and originally served as a transport container. It contained all of the necessary tools and material to create a playground on site. Afterwards, it was integrated into the emerging playground. The villagers helped to build the playground, which became a real community facility. The project also encouraged intercultural contact.

The second container is near the rehab centre “Ümüt Nadjeschda” and meets the specific needs of young disabled children. In Kirghizia, these children are considered unfit for education. The container offers a protected space with the primary aim of giving children an opportunity to become aware of their body and their senses. They are able to search for, find, capture, try to immerse themselves into fantasy worlds and at the same time playfully discover their surroundings. Benches and other seats are grouped around the playground and offer space for communication between parents and teachers.



*Children need room for unhindered development*

More information at: [www.kukuk-kultur.de](http://www.kukuk-kultur.de)

### EARLY VOCATIONAL TRAINING CREATES OPPORTUNITIES

Vocational training as part of one's general education is getting more important in Namibia. At the Waldorf School Windhoek, it is being promoted as a scheme by the Namibian Qualifications and Trainings Authorities (NQA, NTA).

The aim is the introduction of basic vocational training in secondary education in the key areas for Namibia of agriculture/horticulture, office and retail, tourism and the hotel industry, as well as solar and electrical engineering. The Basic Vocational Education and Training Program (BVET) at the Waldorf School combines the recognized practical artistic approach of Waldorf education with basic vocational training. After thirteen successful years at school, the students have an academic qualification as well as a partial vocational qualification. After that, they can either continue their education in private business or attend a college or university.

The program is offered for all students from grade 8 to 11 and is adapted precisely for these age-group levels. The curricula are checked and recorded by the NQA. In 2014, a grade 8 group started with the BVET. The first main subjects taught were mathematics, health and safety at work, or teamwork and communication. For the second term in 2015, practical education is top of the curriculum and will take place either in the company of various industrial and economic business partners or at the school itself.

In the future, there will also be an independent training centre for teachers and vocational teachers. The centre is also meant to be a place for information and a meeting point in the spirit of Waldorf education.



*In the coming months, pupils will be able to receive combined educational and vocational training, and teachers will be able to do continuing education*

More information at: [www.waldorf-namibia.org](http://www.waldorf-namibia.org)

## ART &amp; CULTURE

## DANCING MOVES PEOPLE TOGETHER

Carmina – vive la difference! This is the title of a unique international and inclusive project by the Christopherus Lebens- und Arbeitsgemeinschaft Laufenmühle, an anthroposophic living and working community in Welzheim near Stuttgart, Germany.

Under the direction of the renowned choreographers Wolfgang Stange, Volker Eisenach and Royston Maldoom, a cast of more than three hundred people with and without disabilities, students from secondary modern schools and special schools, professional dancers as well as amateurs enacted Carl Orff's Carmina Burana last summer in an open-air theatre. Live music was performed by a young philharmonic orchestra (Junge Süddeutsche Philharmonie) and a choir (Esslinger Vocalensemble) from Esslingen near Stuttgart. In the beginning, there was a great deal of apprehension about contact between the students and the disabled people – also a real concern about physical contact. It ended with heartfelt hugs between all of the dancers and communal happiness about a successful project. The Project that made 4,000 visitors in three sell-out shows cheer with absolute enthusiasm. People who normally live in parallel worlds met through common experiences and emotions. Music and dance were used to connect everybody. The initial scepticism disappeared, and rejection turned into curiosity, empathic interest and a sense of responsibility. In this way, the main inclusion event did not happen on the stage, but during the rehearsals. Wheelchair users, people with learning difficulties, students, old and young were all dancing together to the sounds of Carl Orff's beautiful cantata Carmina Burana. They created a colourful and fascinating picture that proved that inclusion is possible. Sometimes the usual relationship between the dancers was reversed. People who usually need help turned into experts helping non-disabled people. This meant a life-enhancing change of perspective.



*Dancing shows real inclusion*

More information at: [www.laufenmuehle.de](http://www.laufenmuehle.de)

## THE WORLD OF WALDORF IN LILLIPUTIAN SIZE

From 2017, a very special doll's house will go on display in the rooms of the city museum (Stadtmuseum) of Stuttgart, Germany. It was made in the late twenties of the last century and shows Waldorf furniture in miniature.

Round forms and vivid colours help to clearly distinguish the doll's house from other toys of the period. The doll's house consists of two rooms including the complete set of furniture. Even the original packaging has been preserved. Markus Speidel, staff member of the museum who found it at an antique show, considered his find a real stroke of luck. So he pulled out all the stops to get the money to buy the doll's house from the Viennese antique dealer, as it also meant buying an important piece of Stuttgart's history. The price the dealer asked for it was rather high due to the rarity and excellent condition of the doll's house. It could therefore only be bought with financial support from the MAHLE FOUNDATION.

The doll's house was lovingly made and brilliantly preserved, enabling the city museum to convey so much on such a very small scale about Waldorf schools (also known as Rudolf Steiner Schools) and about anthroposophic design. Speidel says that anthroposophy is still an important topic for Stuttgart and the doll's house can be appreciated in a permanent exhibition called "Waldorf school" within the museum. The doll's house was produced by the company "Waldorf-Spielzeug und Verlag" (Waldorf toys and publishing house), which was founded in Stuttgart in 1926 and supplied materials for the Waldorf school which was founded in 1919. The original owner had won the doll's house in a competition. Obviously, she had always treated it very carefully so that many people can still enjoy it now.



*Small, but unmistakably Waldorf and a piece of Stuttgart city history*

More information at: [www.stadtmuseum-stuttgart.de](http://www.stadtmuseum-stuttgart.de)

## HEALTH & WELLNESS

### CHILDREN'S HEALTH – A JOINT VENTURE

Around 450 participants from all over Europe gathered at the Stuttgart town hall for the first nationwide interdisciplinary congress “Children's Health Today” in late summer last year.

The two-day congress was arranged because German children are suffering more and more from chronic diseases or psychosomatic disorders. Allergies, diabetes, obesity as well as joint and posture problems are definitely on the increase. Behavioural problems like the much discussed attention deficit disorder are also becoming more and more frequent. There is more than one reason for these problems. That is why close cooperation and the networking of all professional groups is all the more important for modern and holistic paediatricians. The enormous pressure on children these days starts as early as primary school because pupils hardly have any real leisure time. As Dr Andreas Oberle, medical director of the Social Paediatric Centre at the Olga Hospital in Stuttgart put it: “I believe that we have lost the sense for normality with our children. Nowadays we seem to deal with differences and deficits the whole time”. The Munich paediatrician Georg Soldner brought the discussion to a concise point by saying: “What we are experiencing is an industrial standardization of childhood”. Regina Quapp-Politz, child-welfare worker in Stuttgart, said it was most important for children to be allowed to be themselves. The congress was initiated by the Gesellschaft Anthroposophischer Ärzte in Deutschland (German Society of Anthroposophic Doctors) in conjunction with the Dachverband Anthroposophische Medizin (Confederation of Anthroposophic Medicine) and was made possible with the help of the Olgahospital (a Stuttgart hospital famous for its paediatrics), the Filderklinik (an anthroposophic hospital) and the City of Stuttgart. This was the first time that medical doctors, teachers, therapists and parents communicated at eye level. In his evaluation of



*Parents, therapists, and doctors seeing eye to eye on children's health*



the event, Dr Jan Vagedes, paediatrist at the Filderklinik, said: “This is the sort of exchange we need in order to create an environment where children and young people can grow up in good health”.



*More information at: [www.kindergesundheit-heute.de](http://www.kindergesundheit-heute.de)*

### CHAIR FOR DENTAL TREATMENT OF DISABLED PEOPLE

The first German foundation chair for the dental treatment of disabled people was recently created at the University of Witten/Herdecke.

Treating people with learning difficulties is a very demanding task for dentists. Due to their disability, the patients' teeth are often badly looked after because it is difficult to brush them thoroughly. And there is only so much their care workers can do. If the dentist tries to remove tartar or even attempts to use his drill, many of the patients become afraid and refuse to open their mouths or do not want to have an X-ray taken. This happens because the patients do not understand why the treatment is being done. As a result, the dentist sometimes needs three, four or even more sessions to try and win a patient's trust. Another problem is that a disabled person often finds it hard to be still, which makes the treatment even more difficult. Dentists who lack experience with disabled people tend to send them to dental clinics as soon as possible where they are treated under anaesthetic.

The aim of the new chair for “dental care for disabled people” is not only to improve the quality and quantity of student teaching, but also to promote research in this field and offer an opportunity for a better academic qualification, doctorate or post-doctoral qualification.

Two topics are at the core of the initiative: programs for the prevention and therapy of the most frequent oral diseases, i.e. tooth decay and periodontosis, as well as establishing a basis which enables statutory health insurance to pay for the special treatment. The prophylactic measures and treatments will be done in the patients' homes, i.e. usually in residential care homes.



*Alleviating the anxiety disabled patients often experience prior to dental treatments is especially important*



*More information at: [www.uni-wh.de](http://www.uni-wh.de)*

## HEALTH & WELLNESS

### PREVENTION THAT HELPS

The Santal people are one of the poorest tribes in India. According to the paediatrician Monika Golembiewski, 90 per cent of the children in the Santal villages are malnourished. Golembiewski founded the initiative “Shining Eyes”, which cares for children and their mothers in the tribal villages around Bolpur, West Bengal.

Due to their malnutrition, she says, the children are highly susceptible to infection, and their lives are especially jeopardised during their first two months of life. Acting preventatively is a special concern of the anthroposophic doctor.

In 2011, a paediatric clinic was opened in Bolpur. The clinic offers weekly sessions of antenatal care for pregnant women and new-born babies. The mothers also learn about healthy diet and hygiene once a week. The Santal hardly eat anything but rice. As a consequence, the children fall behind in their mental and physical development. However, the malnutrition can also lead to different types of tuberculosis. It has become one of the main tasks of the doctor and her team in India to protect the children from being infected by their parents.

The hospital trains medical assistants who are able to identify early on if the children are ill and then take them to the hospital in Bolpur. They also teach the mothers to cook a nutritious diet with green and red vegetables, eggs, milk and meat. Three times a week, the youngest inhabitants of the village and their mothers get a warm meal. With the support of the MAHLE FOUNDATION, an X-ray apparatus was purchased in 2014 which helps with the diagnosis of tuberculosis.



*Prevention plays an important role in children's health*

More information at: [www.shiningeyes.de](http://www.shiningeyes.de)

### THE WAY MEDICINE LOOKS AT HUMANS

For the fifth time, students at Witten-Herdecke University organized a summer academy for integrated medicine on 26 July 2014. The conference's theme was: “How do we want to encounter one another?”

Students from the fields of medicine and psychology, young doctors, therapists, nurses and other interested people met to become aware of the various ways that different medical fields and systems view humans, to reflect and to critically scrutinize them. The focus of the event was a series of lectures about “concepts of human beings in medicine”.

Several workshops took place where experiences, the latest knowledge and the exchange of ideas were discussed. The scientific papers on integrated medicine were received with huge interest. A short resumé of these papers was available on the first floor of the university building.

In addition to this, there were physical as well as musical and meditative exercises in the mornings and afternoons to round off the program. Small groups entitled “impulse workshops” and varied evening activities were also on the agenda. The “market of possibilities” once more offered opportunities for networking and learning about new or well-established initiatives, associations and study groups.

An important concern of the organizers was to create a common piece of art during the summer academy. A symbolic wooden “tree of visions” was built. The central question was: “What does the summer academy mean to you?” The conclusion was: “A vision of a more humane medicine”. It doesn't really matter where someone comes from. “It is more important where we want to go together”.



*Common visions for a more humane medicine as a topic for the summer academy*

More information at: [www.uni-wh.de](http://www.uni-wh.de)

## 2014 STATUTORY LEVEL OF EXPENDITURES

### A. PUBLIC HEALTH SYSTEM AND PUBLIC HEALTHCARE

1. Filderklinik gemeinnützige GmbH, Filderstadt
2. Förderstiftung Anthroposophische Medizin, Hausen
  - a) IVAA Dornach, Schweiz
    - Europaprojekt 2011 – 2016
  - b) Goetheanum, Medizinische Sektion, Dornach, Schweiz
    - Internationale Arbeitstage für anthroposophische Kunsttherapeuten 2013
    - Internationale Arbeitstage für anthroposophische Kunsttherapeuten 2014
    - IPMT 2014 – International Postgraduate Medical Training
    - Internationale Jahreskonferenz 2013
    - Internationale Jahreskonferenz 2014
3. Gesellschaft Anthroposophischer Ärzte in Deutschland e. V., Filderstadt
  - Akademie Anthroposophische Medizin
4. Nikolaus-Cusanus-Haus, Freies Altenheim e. V., Stuttgart
  - Ambulanter anthroposophischer Alten- und Pflegedienst
5. Shining Eyes – medizinische Kindernothilfe und sozioökonomische Dorfentwicklung in Indien e. V., Flein
  - Kinderklinik in Bolpur, Indien
6. Verband für Anthroposophische Pflege e. V., Filderstadt
  - Kongress „Spiritualität“, Dornach, Schweiz
7. Eugen-Kolisko-Akademie e. V., Filderstadt
8. Diagnosticum e. V., Neukirchen

### B. YOUTH WELFARE

1. Seminar für interkulturelle Jugendbegegnung e. V., Stuttgart
  - Freies Jugendseminar Stuttgart
2. Straßenkinder e. V., Berlin
3. Stuttgarter Jugendhaus gGmbH, Stuttgart
  - „Tanz auf dem Vulkan“

### C. PARENTING, ADULT AND VOCATIONAL EDUCATION

1. Verein für interkulturelle Waldorfpädagogik e. V., Stuttgart
2. Freunde der Erziehungskunst Rudolf Steiners e. V., Berlin
  - a) Vereinsarbeit
  - b) „WOW-Day“ 2014
  - c) Russisch-Übersetzung für waldorfpädagogischen Unterricht
  - d) Los Luceros Asociación Civil, Buenos Aires, Argentinien
  - e) Waldorfschule Windhoek, Namibia
  - f) Fédération des écoles Steiner-Waldorf, Paris, Frankreich
  - g) Arca Mundial, Lebensgemeinschaft, Medellin, Kolumbien
  - h) Eurythmieschule Eriwan, Armenien
  - i) Periodisches Seminar an russischen und ukrainischen Waldorfschulen
  - j) Favela Santa Rosa, Buenos Aires, Argentinien
  - k) Asian Waldorf Teacher Congress AWTC 2015, Japan
  - l) Eurythmieausbildung in St. Petersburg, Russland

- m) Notfallpädagogik für traumatisierte Kinder und Jugendliche in Kriegs- und Krisengebieten
- n) Künstlerische Therapien/Heileurythmie für traumatisierte Kinder
- o) Emerson College Trust Ltd., Forest Row, GB
- p) Pabu Ki Dhani Waldorf School, Indien
- q) Center for Creative Education, Cape Town, Südafrika
- r) Eurythmieverein Bukarest, Rumänien
- s) Theater Studio of Eurythmie, St. Petersburg, Russland
- t) Sommerkurs für Waldorfpädagogik in Cieszyn, Polen
- u) Waldorfschule Khayelitsha, Ukubona, SA
- v) neueKUNSTschule Basel, Schweiz
3. Verein zur Förderung der Freien Hochschule Stuttgart e. V., Stuttgart
4. Freie Interkulturelle Waldorfschule Mannheim e. V., Mannheim
5. Anthroposophische Gesellschaft in Deutschland e. V., Stuttgart
  - a) Campus A und Rudolf-Steiner-Haus
  - b) Goetheanum, Dornach, Schweiz
    - Jugendsektion, Internationale Jugendtagung
6. Verein zur Förderung der Eurythmie e. V., Stuttgart
  - a) MISTRAL Eurythmie Ensemble
  - b) Eurythmietheater Orval
  - c) Schweizer Verein Eurythmieausbildung Kiev
  - d) Eurythmy West Midlands, Stage Ensemble, Stourbridge, GB
  - e) Union pour L'Eurythmie, Chatou, Frankreich

- f) LUX-Ensemble
- g) Freie Eurythmie Gruppe
7. Eurythmeum e. V., Stuttgart
  - Märchenensemble „Der goldene Vogel“
  - Else-Klink-Ensemble, Eurythmieprojekt
8. Landbauschule Dottenfelderhof e. V., Bad Vilbel Aus-/Weiterbildung und Nachfolge
9. Demeter Baden-Württemberg, Vereinigung der Arbeitsgemeinschaften für Biologisch-Dynamische Wirtschaftsweisen e. V., Leinfelden-Echterdingen
  - Allmende 2.0, Sicherung von Land für Demeter-Höfe
  - Demeter Schau- und Bildungsgarten
10. YEP! young eurythmie performance e. V., Kassel
11. Impulshaus Engen e. V., Engen
  - Gründung der Wohn- und Arbeitsstätte Engen
12. Landeshauptstadt Stuttgart
  - a) Altenburgschule
  - b) Kulturamt, Stadtmuseum
    - Kauf einer anthroposophischen Puppenstube
  - c) Stuttgarter Musikschule
    - Musikfest 2014
13. Förderstiftung Anthroposophische Medizin, Hausen
  - a) Goetheanum, Dornach, Schweiz, Medizinische Sektion
    - Förderkreis Heileurythmie-Ausbildung
    - Fortbildung für Kinderärzte
  - b) Physicians' Association for Anthroposophic Medicine PAAM, Baltimore, USA
  - c) Center for Education Art, St. Petersburg, Russland

## MAHLE-STIFTUNG GMBH (MAHLE FOUNDATION)

- d) Corporación Terapéutica Yohanan Terapeutes, Santiago, Chile
- Seminar Anthroposophische Medizin, Mexiko
14. Die Lichtstube e. V., Stuttgart
15. Stiftung Die Christengemeinschaft in Deutschland, Berlin
- Bildungsfonds für Priesterinnen und Priester
  - Fundación La Choza, Buenos Aires, Argentinien
16. Tanz dein Leben e. V., Heidelberg
- "What Moves You 2014"
17. Theater Total gGmbH, Bochum
18. Verein Lichtblick e. V., Ostfildern
19. Rudolf Steiner Institut für Sozialpädagogik Kassel e. V., Kassel
- Peregrinus Lebenspraxis Arkanum Stiftung, Ungarn
20. STAB Sinn Transfer in Arbeit und Beruf e. V., Alfter
- Waldorf-Berufskolleg
21. Die Christengemeinschaft, Gemeinde in Sillenbuch, Stuttgart
- Aufbauarbeit in Korea und Japan
22. Forum Kreuzberg e. V., Berlin
- Kinder- und Jugendclub Aladdin
23. Verband für Anthroposophische Pflege e. V., Filderstadt
- Vortragsreihe
24. Michael Bauer Werkhof e. V., Stuttgart
- Installation einer PV-Anlage
25. Il Gusto Barocco – Stuttgarter Ensemble für Alte Musik e. V., Stuttgart
- J. S. Bach: „Der fünfte Evangelist“
26. Initiative für Ausbildung in Anthroposophischer Medizin e. V., Filderstadt
27. wert-voll ggmbh, Dortmund
28. Forum Theater gGmbH, Stuttgart
29. IDRIART e. V., Hamburg
- Terra Parzival Cirkulane, Slowenien
30. Verein für Anthroposophische Hebammenkunde e. V., Esslingen
31. KuKuk Kultur e. V., Stuttgart
- Zwei Spielcontainer für Kirgisien
32. Akademie für Erziehungskunst e. V., Stuttgart
- Waldorferzieherseminar
33. Oase Masloç e. V., Ulm
- Demeter-Bauernhof und –Bäckerei, Masloç, Rumänien
34. ISS Initiativkreis Stuttgarter Stiftungen e. V., Stuttgart
35. Witten/Annen, Institut für Waldorfpädagogik e. V., Witten
- Naturwissenschaftliche Sammlung
36. Circus Calibra e. V., Stuttgart
- Stuttgarter Jugendzirkusfestival
37. Musiktherapeutische Arbeitsstätte e. V., Berlin
- Seminar für Musiktherapie, Moskau, Russland
38. nyendo lernen hand in hand UG, Prien
39. Verein zur Pflege der Eurythmie in Nürnberg e. V., Nürnberg
40. Die Christengemeinschaft, Gemeinde Tübingen, Tübingen
- „Die Suche nach dem goldenen Vlies“
41. Monte Azul International e. V., Hamburg
42. Förderstiftung Anthroposophie, Stuttgart
- Kenji's Schule Fukuoks, eurythmische Hilfe für Fukushima, Japan
43. Freie Waldorfschule Ravensburg eG, Ravensburg
- Russisches Theater
44. Förderkreis Waldorfpädagogik Fellbach e. V., Fellbach
- Zukunftskonferenz
45. zwischenzeit e. V., Berlin
46. Verein zur Förderung der Eurythmie an der Alanus Hochschule e. V., Alfter
47. BLITZ! Medien e. V., Stuttgart
- STUGGI Schultour 2014
48. Verein zur Förderung der Schule der Stimmthüllung e. V., Bochum
- Escola Raphael, Florianópolis, Brasilien
49. Ikhaya Loxolo Entwicklungshilfe e. V., Großheubach
- Ikhaya Loxolo, Elliotdale, Südafrika
50. Waldorfschulverein Esslingen e. V., Esslingen
- 12. Klasse „Ein Spielplatz für Lugo/Rumänien“
51. Verein zur Förderung der Waldorfpädagogik Filderstadt e. V., Filderstadt
- 12. Klasse, Sozialprojekt Vares, Bosnien
52. Fercher von Steinwand Verein für Sprachgestaltung und dramatische Kunst e. V., Weimar
- Rudolf Steiner: „Das zweite Mysteriendrama“
53. Förderverein für internationale Beziehungen im CVJM e. V., Eberstadt
- Association Life Chance, Tbilissi, Georgien
54. Verein der Michael Bauer Schule (Waldorfschulverein) e. V., Stuttgart
- Klasse 8b, Spielplatzgestaltung in Isrica/Split, Kroatien
55. Anthroposophische Gesellschaft in Deutschland e. V., Dresden
56. Emil Molt Schule e. V., Berlin

## D. SCIENCE AND RESEARCH

- Zukunftsstiftung Landwirtschaft, Bochum
  - Tagung „Farbe der Forschung“
  - Saatgutfonds Peter Kunz, Hombrechtikon, Schweiz
  - Save our Seeds, Berlin
- Verein zur Förderung von Lehre und Forschung in der Anthroposophischen Medizin e. V., Witten,
  - Integriertes Begleitstudium Anthroposophische Medizin
  - Berufliche Persönlichkeitsentwicklung und klinisches Reflexionstraining (KRT)
  - Sommerakademie für integrative Medizin 2014
- Förderstiftung Anthroposophische Medizin, Hausen
  - Goetheanum, Medizinische Sektion, Dornach
    - Elektronisches Archiv zur Geschichte der Medizin
  - IC – The Integrative Care Science Center, Järna, Schweden
- Landbauschule Dottenfelderhof e. V., Bad Vilbel
  - Entwicklung biologisch-dynamischer Getreidesorten
- Forschungsring für biologisch-dynamische Wirtschaftsweise e. V., Darmstadt
  - Etablierung von Getreidesorten
  - Datenbank Getreide- und Leguminosensorten
  - Wissenschaftliche Tagung biologisch-dynamische Wirtschaftsweise
  - Biologisch-dynamische Landwirtschaftsentwicklung in Serbien
- Private Universität Witten/Herdecke gGmbH, Witten
  - Institut für Evolutionsbiologie und Morphologie
  - Lehrstuhl für Medizintechnik „Der Rubikon“

## MAHLE-STIFTUNG GMBH (MAHLE FOUNDATION)

7. ARCIM Institute Academic Research in Complementary and Integrative Medicine gGmbH, Filderstadt
  - Cognition-based Medicine (CBM) in der Filderklinik
8. Rudolf Steiner-Fonds für wissenschaftliche Forschung e. V., Nürnberg
9. Forschungsinstitut Havelhöhe gGmbH, Berlin
  - „Therapie des Typ-2-Diabetes mellitus“
10. Gesellschaft für goetheanistische Forschung e. V., Witzenhausen
  - Entwicklung von Öko-Winterweizenprototypen
11. ESCAMP European Scientific Cooperative on Anthroposophic Medicinal Products e. V., Freiburg
12. Internationale Forschungsgesellschaft für Umweltschutz und Umwelteinflüsse auf Mensch, Tier, Pflanze und Erde e. V., Ühlingen
  - Wirtschaftlichkeit der Milchviehfütterung
13. Verein zur Förderung der Saatgutforschung im biologisch-dynamischen Landbau e. V., Salem
  - Linsenzüchtung
  - Wildgetreide *Dasypyrum villosum*
  - Regionale Getreidesorten
14. Mellifera e. V., Rosenfeld
15. FiBL Deutschland e. V., Frankfurt/Main
  - FiBL, Frick, Schweiz, Zusammensetzung von Milch enthornter und horntragender Kühe
16. Gesellschaft Anthroposophischer Ärzte in Deutschland e. V., Filderstadt
17. Pädagogische Forschungsstelle beim Bund der Freien Waldorfschulen e. V., Stuttgart
18. Software AG Stiftung, Darmstadt
  - The Nature Institute, Ghent, New York
19. Verein für Bewegungsforschung e. V., Herrischried
  - Institut für Strömungswissenschaften
20. Universität Hohenheim, Landeszuchtanstalt, Stuttgart
  - Züchtungseffizienz ökologischer Dinkelzüchtung
21. VDW Vereinigung Deutscher Wissenschaftler e. V., Berlin
  - Tagung „Wirtschaftswachstum und Nachhaltigkeit“

### E. OTHER CHARITABLE PROJECTS

1. Die Christengemeinschaft Stuttgart-Möhringen

### F. INSTITUTO MAHLE, SÃO PAULO, BRASIL

1. ABMA/MG – Associação Brasileira da Medicina Antroposófica, Belo Horizonte
2. ABMA/SP – Associação Brasileira da Medicina Antroposófica, São Paulo
3. Associação Comunitária Monte Azul, São Paulo
4. Federação de Instituições e Profissionais de Educação Terapêutica e Terapia Social do Brasil, São Paulo
5. Associação Brasileira dos Eurytmistas, São Paulo
6. Instituto Social Micael, Aracajú
7. Pro Aliança pela Infância, São Paulo
8. Broto Brasilis Associação para o Eco Desenvolvimento, Airuoca
9. Associação dos Amigos do Museu Judaico no Estado de São Paulo, São Paulo
10. Organização Não Governamental Vokuim, Rubim
11. Instituto Undió, São Paulo
12. Organização Não Governamental Alquimia, São Paulo
13. Associação Aramitan, Embu Guaçu
14. Associação Beneficente Parsifal, São Paulo
15. Paidéia Associação Cultural, São Paulo
16. Associação Brasileira Agricultura Biodinâmica (ABD), Botucatu
17. Associação no Ato, Cultura, Educação e Meio Ambiente, Ibirité
18. Associação Brasileira Agricultura Biodinâmica (ABD SUL), Florianópolis

# FINANCIAL REPORT

## MAHLE-STIFTUNG GMBH (MAHLE FOUNDATION)

Report 2014

### A: Statistics

Grant applications (verbal and in written form)		ca. 420
Application forms discussed during foundation committee meetings		230
Rejected by foundation committee		81

annual amount 2014

Approved applications/donations	149	4,946,460.66 €
Payment of loans already granted		150,000.00 €

### B: Overview of donations in 2014

#### Main area of grants - healthcare

Filderklinik gGmbH (operating company)	permanent grant for the running of the hospital with an emphasis on the special therapeutic field	1,270,400.00 €
Other applicants	various projects	210,895.16 €
	<b>Total</b>	<b>1,481,295.16 €</b>

#### Other areas of grants

youth welfare	57,000.00 €
parenting, adult and vocational education	1,406,611.50 €
science and research	997,954.00 €
other charitable projects	3,600.00 €
INSTITUTO MAHLE, Brazil	1,000,000.00 €
	<b>Total</b>
	<b>3,465,165.50 €</b>
	<b>Grand total</b>
	<b>4,946,460.66 €</b>

## MAHLE-STIFTUNG GMBH (MAHLE FOUNDATION)

### Facts and Figures

#### About the Reporting of the MAHLE STIFTUNG GmbH

With a share of 99.9 % in MAHLE GmbH, the MAHLE-STIFTUNG GmbH is the main shareholder of the MAHLE Group. The participation is valued at € 273,549,354.72. In principal, this share does not have voting rights. They are held in trust by the Association for the Promotion and Consulting of MAHLE Gruppe e. V. (MABEG), the second shareholder of MAHLE GmbH.

#### Balance sheet assets

The MAHLE-STIFTUNG GmbH is located in a building owned by the foundation at Leibnitzstr. 35, 70193 Stuttgart, Germany. The property has been valued at a valuation of € 207,073.21.

Straight-line depreciation was used for the rest of the tangible assets.

The financial assets of the MAHLE-STIFTUNG GmbH consist primarily of the investment in MAHLE GmbH with a book value of € 273,549,354.72. The foundation also owns a share in the Filderklinik gGmbH in the amount of € 80,000.00. This is equal to a share of 40%. In addition, MAHLE owns cooperative shares in the GLS-Bank, Bochum, in the amount of € 10,300.00 as are shown.

The current assets show loans to charitable organizations in the amount of € 170,000.00. Additionally, MAHLE-STIFTUNG GmbH has a portfolio of securities and bank deposits totaling € 8,971,174.75. Together with other assets and accruals, this amounts to total current assets of € 9,158,539.60. Compared with the previous year, there was an increase of € 1,550,562.94.

#### Balance sheet liabilities

In addition to the above-mentioned working capital, money earmarked for specific purposes (€ 8,416,000.00) and funds pre-allocated in 2014 that could not be transferred until January 2015 (€ 215,500.00) have to be taken into consideration. The total of both is € 8,631,500.00.

The reported equity is € 282,852,549.35 and consists mainly of the foundation fund and the free reserves in accordance with § 62 (1) 4 AO, which in total corresponds to the investment in MAHLE GmbH.

#### Auditor's report

The financial statements of the MAHLE-STIFTUNG GmbH as of 31 December 2014 were audited by Detlef Siebeck, auditor in Stuttgart, and issued with an unqualified audit certificate on 27 April 2015.

**MAHLE-STIFTUNG GMBH (MAHLE FOUNDATION)**
**Balance sheet as at 31/12/2014**
**Assets**

	2014	2013
<b>Fixed</b>		
<u>Intangible</u>	632.00 €	0.00 €
<u>Property</u>		
land and buildings	295,782.21 €	
Geschäftsausstattung	94,799.00 €	
	390,581.21 €	411,148.12 €
<u>Financial assets</u>		
investment in MAHLE GmbH	273,549,354.72 €	
investment in Filderklinik gGmbH	80,000.00 €	
cooperative shares	10,300.00 €	
	273,639,654.72 €	273,639,654.72 €
<b>Current assets</b>		
loans to non-profit organisations	170,000.00 €	
miscellaneous assets	9,059.99 €	
	179,059.99 €	52,447.60 €
securities	285,674.16 €	481,343.14 €
cash on hand and bank balances	8,685,500.59 €	7,071,224.85 €
<b>Accrued income</b>	8,304.86 €	2,961.07 €
	283,189,407.53 €	281,658,779.50 €

**MAHLE-STIFTUNG GMBH (MAHLE FOUNDATION)**
**Balance sheet as at 31/12/2014 Liabilities**

	2014	2013
<b>Equity</b>		
subscribed capital	28,700.00 €	
foundation funds	19,613,974.63 €	
free reserves in accordance with § 62 (1) 4 AO	253,935,380.09 €	
earmarked reserves for support measures	8,416,000.00 €	
reserves for operating expenses	500,000.00 €	
reserve for adjustment to Accounting Law Modernisation Act	225,257.00 €	
reserve regrouping/switching profits	99,992.03 €	
net profit	33,245.60 €	
	282,852,549.35 €	281,332,561.77 €
<b>Accruals</b>	61,750.00 €	52,180.00 €
<b>Liabilities</b>	275,108.18 €	274,037.73 €
	283,189,407.53 €	281,658,779.50 €

**MAHLE-STIFTUNG GmbH (MAHLE FOUNDATION)****Profit and loss account for the time from 1/1/2014 to 31/12/2014**

	<b>2014</b>	<b>2013</b>
Income from shareholdings	7,100,309.00 €	5,000,309.00 €
Donations received	3,000.00 €	3,100.00 €
Expenses resulting from statutory purposes	- 4,946,460.66 €	- 5,222,921.50 €
	2,156,848.34 €	- 219,512.50 €
Other interest and similar income	82,165.83 €	100,017.68 €
Other operating revenues	52,465.13 €	21,955.07 €
	2,291,479.30 €	- 97,539.75 €
Payroll costs	- 401,976.22 €	- 391,626.52 €
Amortisation of property	- 33,034.65 €	- 42,631.41 €
Other operating expenses	- 336,480.85 €	- 200,935.85 €
Depreciation of securities in current assets	0.00 €	- 900.00 €
Annual surplus/deficit	1,519,987.58 €	- 733,633.52 €
Profit/loss carried forward from preceding year	1,856.52 €	- 200,435.89 €
Transfers from retained earnings	3,075,801.50 €	3,965,303.93 €
Allocations to retained earnings	- 4,564,400.00 €	- 3,029,378.00 €
<b>Net profit</b>	<b>33,245.60 €</b>	<b>1,856.52 €</b>

**MAHLE-STIFTUNG GMBH (MAHLE FOUNDATION)****About the profit and loss account in 2014**

The contractually agreed upon normal dividend for the MAHLE-STIFTUNG GmbH, is 3% of the annual surplus of the MAHLE Group. In 2014, the MAHLE-STIFTUNG GmbH received a dividend of € 7,100,000.00 from the MAHLE GmbH for the preceding year.

We would like to pass on our heartfelt thanks to the management and employees of the MAHLE Group for this performance. Without their commitment, our work would not be possible.

The GLS-Bank distributed a dividend of € 309.00 for the cooperative shares, as they did in the preceding year.

In 2014, the MAHLE-STIFTUNG GmbH received donations of € 3,000.00.

In comparison with the preceding year, income from interest and financial investments dropped to € 82,165.83. Interest income originated mainly from the management of reserves for projects proposals, which were invested in various forms of investments, most of them with fixed interest. These funds increased during 2014. However, due to the extremely low interest rates, it was not possible to achieve a higher return.

Reserves consisting of unused contributions from the previous year of more than € 36,766.60, as well as income from an increase in the value of securities in the amount of € 3,431.02, is contained in other operating income.

In 2014, total income amounted to € 7,237,939.96.

The biggest cost item of € 4,946,460.66 was the promotion of charitable projects.

Materials costs of the foundation were € 336,480.85. Together with the payroll costs and the depreciation of tangible assets, the total operating costs of MAHLE-STIFTUNG GmbH amounted to € 771,491.72.

For the first time since 2008, the reserve accumulation exceeded the withdrawal from reserves. Including profit carried forward, the net profit was € 33,245.60.





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Cultivator Dr H. Spieß watching the seed propagation of the winter wheat JULARO on the farm Dottenfelderhof. Picture taken by Charlotte Fischer.