



# Giraffe Heroes Project

#StickYourNeckOut

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Dear Thomas,

There isn't much light now in the northern part of the world, it's pretty cold, and the news from *everywhere* may seem worse by the minute.

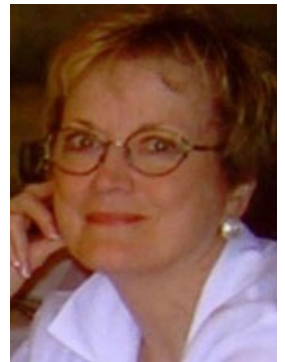
Me, I need news about people who are standing up and *speaking* up, sticking their necks out to make things better. They *are* Out There and we're finding them.

The ten real heroes you'll meet here just got their commendations as Giraffe Heroes.

Do send this on to anyone you know who could use some light and warmth in the cold and darkness of these times. That might be everybody you know!

Tell them that...

*As long as there are Giraffes, there's hope*—Ann Medlock Founder



These are "teasers," quick looks at the new Giraffes.  
For each full story, click on the name (in blue)  
and you'll be transported instantly to [our free online database](#).  
There, you'll also find a link to each Giraffe's website, if there is one.

**It's a way you can keep track of them in the future,  
and support their work if you choose to.**



**Maria Caffrey**

**An environmental scientist, Caffrey did vital research for years at the US National Park Service. When she wrote a report describing the damage the climate crisis could cause to parks along US coasts, the current Administration ordered her to delete any mention of human causes for the crisis. She refused and kept speaking about the actual science involved. She was demoted, her pay was cut, and she was denied funding for any further research. She gave up the job that had been perfect for her and, after a long stressful search, finally found a new job at a university. There, she can continue being an honest scientist.**



[Anne Dagg](#)

**Anne Dagg is a Canadian research scientist and educator who pioneered the study of giraffes in the wild. Despite fierce opposition to women in education, research and teaching, she challenged those 20th century barriers and forged the way for younger women in science. (Yes, this Giraffe Hero makes us smile. A lot.)**



[Luis Garcia](#)

**When Luis Garcia retired after decades as a firefighter and paramedic in Florida, he spent his entire life savings to buy doses of Narcan, a drug that revives people who have overdosed on opiates. Garcia spends his time traveling and distributing free doses of Narcan to people who agree to carry it with them and administer it to anyone who overdoses.**



**Sharon Lavigne**

Despite repeated threats against her, Lavigne, a 67-year-old retired teacher, is leading the opposition to the corporate poisoning of "Cancer Alley," an area of St. James Parish, Louisiana, where cancer cases are the highest in the US. Lavigne and her neighbors are demanding that the area be cleaned up, and that the license for a proposed new plastics plant be revoked, a plant that has State permission to build its complex on top of two African-American cemeteries.





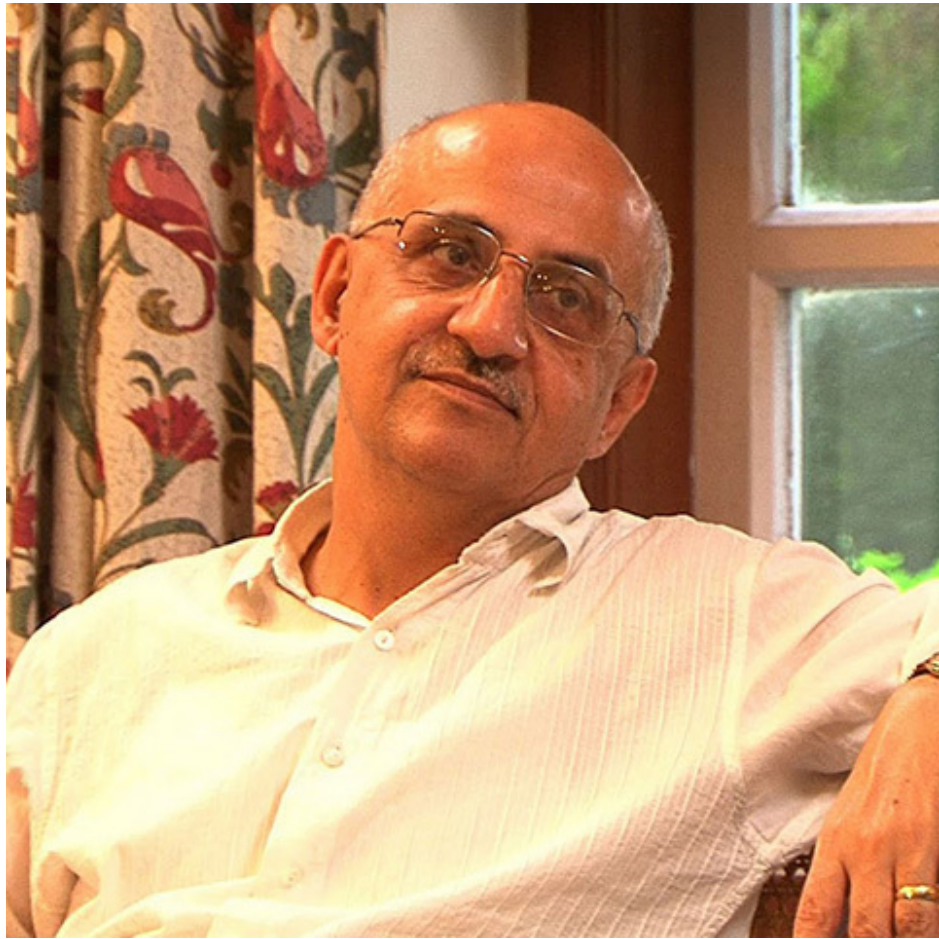
[Paul Lehto](#)

When Paul Lehto was monitoring safety issues at a North Dakota gas plant, he discovered dangerous leaks in storage tanks and reported his discovery to his employers. But the company—and eventually the state—ignored his warning. They also claimed that an oil leak was 10 gallons when it was eventually estimated to be 11 *million* gallons. Lehto was reprimanded for his warning. He blew the whistle on the cover up and went looking for another job.



[George Luber](#)

**George Luber, a climate and health expert at the U.S. Centers for Disease Control and Prevention, refused a Trump administration demand to eliminate any mention of the public health effects of the climate crisis. As a result, he was expelled from the CDC's offices, his work's millions in Congressional funding transferred to a study of *asthma*. His CDC colleagues were banned from talking to him, and he was threatened with being fired.**



[Harsh Mander](#)

Harsh Mander has devoted his life, at great risk, to championing those in India who are persecuted because of their religion (Muslim), their sex (female), or their socioeconomic position ("lower caste"). He has founded non-government organizations and has led government programs, all of them dedicated to the well-being of the marginalized. Threats, arrests, and slanders have not deterred him.





[Caragan Olles](#)

**When Caragan Olles was in the third grade, she was diagnosed with the reading condition, dyslexia. That explained her difficulty in learning but it didn't stop the insults and humiliation she experienced, so when she was 10, she and her big brother started a nonprofit that helps dyslexic kids get tutoring and trains teachers and family members in understanding what the kids are going through. Now a teen, Caragan has raised hundreds of thousand of dollars to help dyslexic kids and coached thousands of people who now understand the condition.**



**Navidad Seefeld**

**When Natividad Seefeld and her neighbors were about to be forced out of their mobile home community, Seefeld took charge, organizing all of them to buy the owners out and keep their homes. Despite having inoperable brain cancer, a low-paying job, and diminishing energy, Seefeld works constantly to support and protect her community.**



**Joshua Williams**

**When Joshua Williams was seven, he started a nonprofit, youth-led organization to fight poverty. By the time he graduated from high school, he'd enlisted 25,000 volunteers, raised and donated over a million dollars, distributed millions of pounds of groceries, and served hundreds of thousands of meals. He's also distributed clothes, toys and books. Joshua forfeited the usual middle school and high school social life in order to manage his organization.**

We hope these Giraffe Heroes made your day.  
These rare emails give you the *new* Giraffes.  
To meet more real heroes, do LIKE [Giraffe Heroes on Facebook](#),  
where we post Giraffe stories every day  
from the vast storybank we've created over the decades.  
That storybank is on [our website](#),  
along with all the other freebies we've created over the years,  
all yours for the taking.  
*You'll like it all. We promise.*



PO Box 759 Langley, WA 98260  
Phone: 360-221-7989 | Fax: 360-221-7817



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