



# Giraffe Heroes Project

#StickYourNeckOut

[GIRAFFE HEROES](#) | [FACEBOOK](#) | [CONTACT](#)

Dear Ann,  
It's autumn here in the northern hemisphere so we're sending you stories that radiate light in these darkening days. Try wooly socks, a hot cuppa, and these spark-plugging people to get you through!

***As long as there are Giraffes, there's hope.***

—Ann Medlock, Founder



Despite the mountains of paperwork thrown at her by bureaucrats, and the threats and actual attacks from those whose profits she endangers, **Sumaira Abdulali** has championed the well-being of her fellow residents of Mumbai, India, mobilizing thousands of them to protect the environment and lower pollution. Abdulali's organizing has made Mumbai safer and quieter. <https://awaaz.org/>

A Marine vet and Veterans' Administration drug abuse counselor, **Brandon Coleman** blew the whistle on VA mistreatment of patients. After years of harassment, he was hired by a group within the VA that protects whistleblowers. He found things going wrong there, so he blew the whistle on *them*. No matter what he has to endure, Coleman will go on championing his fellow vets.



When she was eight years old, **Mari Copeny** wrote to then-President Obama, asking him to help fix Flint, Michigan's toxic water. He visited her, and over \$100 million followed, for the repairs. Mari went on to be a tireless activist against bullying and ethnic discrimination, and for the environment and immigrants' rights. She's raised money, distributed school supplies, founded organizations, and inspired other children to challenge authorities. Here's her website—

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

**Nan Goldin** risked her career as an art photographer by going up against the most powerful donors to the art world. The money they donate was made by making and pushing OxyContin, a drug that's harmed and even killed thousands. Thanks to Goldin's unrelenting work, art institutions have removed the family's name from their previous gifts, and refused new gifts. Keep up with her [here](#).



Greenland-born Aaju Peter champions Inuit rights and values, working against the prejudices and influences of their colonizer, Denmark. To better represent her people, she became an attorney, and to bring Inuit culture to the world, she became a singer, dancer, and designer, all while raising five children and assisting Inuit women who need food

and protection from abusers.  
Her website is [www.twicecolonized.com](http://www.twicecolonized.com)

**Sahar Pirzada**, a Muslim Pakistani-American, fights for sexual freedom and women's rights within Muslim communities, and for a better understanding of Islam by people outside that faith. Standing against Islamo-phobics and standing *for* more respect within Islam for women and non-binary people, has repeatedly brought her into conflict with those who do not want change. She has two websites— [www.vigilantlove.org](http://www.vigilantlove.org) and <https://hearttogrow.org/>



Founder and editor of the news portal, *The Kashmir Walla*, **Fahad Shah** has been arrested and detained by Indian authorities who do not like his reporting on what he sees in troubled Kashmir. Shah has even been accused of terrorism and sedition for letting the world know what the Indian government has done in this area largely populated by Muslims. This is his website—[www.thekashmirwalla.com](http://www.thekashmirwalla.com)

Mushroom expert Paul Stamets has faced down opposition from academics who reject his expertise, saying he isn't properly credentialed for the research he's doing, and from Big Pharma and the pesticide industry for the threat his research poses to their profits. Stamets forges on, finding ever more benefits to humanity in the mycological universe. [www.paulstamets.com](http://www.paulstamets.com)





**Omar Vasquez** has created a way to help people who, like him, have been unable to afford a home. He's employed formerly jobless people to create building blocks cheaply and fast out of a noxious seaweed that's polluting Mexico's shores. He's made home ownership possible for hundreds of families, some of whom have received the blocks free. <https://fortomorrow.org/explore-solutions/sargablock>

**Pamela Winn**, a registered nurse, is working to be sure no incarcerated women are treated as inhumanely as she once was. The mistreatment she experienced caused her to miscarry, and left her with PTSD. You can follow the work of her nonprofit, [RestoreHer](#), assuring women's health is no longer endangered in US prisons.

