

### Featured Program

#### Foundation Rwanda – Community Counseling Initiative Program

- **In the 1994 Rwanda Genocide and for several years after, hundreds of thousands of Rwandan women and girls were brutally raped. Of these, an estimated 20,000 gave birth.** For many women, the children have been constant reminders of the violence and pain they experienced. Some of the children have difficult relationships with their mothers and are called ‘children of bad memories’ or ‘children of the killer’.
- **The mothers need counseling to regain their sense of community and to recreate the support networks the genocide destroyed,** to improve psychological well-being and create dialogue while prompting solutions to the numerous challenges of being the mother of a child (or children) born of rape.
- **Women who participated in a pilot counseling program reported significant improvements,** on average reporting their quality of life increased from a score of 3/10 to a score of 9/10.
- **A \$49,898 grant from DFW will provide funding to bring women together** in safe and protected spaces to receive peer support and professional counseling to improve their psychological well-being and their relationships with their children. DFW will also support a three-day workshop for daughters of the participating women.

<http://www.diningforwomen.org/foundationrwanda>

### Sustained Program – INMED, Peru

After the summer break we return to our Sustained Program funding. We are in the second year of a three-year, \$15,000 annual grant to INMED, in Peru.

Although steady and significant improvements have been achieved over the past decade, Peru still has among the highest rates of maternal and infant mortality in the western hemisphere as a result of critical gaps in access, communication and knowledge, as well as the lack of adequately trained health personnel and adequately equipped health facilities.

**INMED’s Healthy Babies Program** continues to strengthen local capacity to improve maternal and neonatal health in three remote Amazon jungle communities in the Ucayali region of Peru, with special focus on indigenous populations. With our support, INMED

- Trains community health workers to teach healthy lifestyles and reproductive health, promote responsible sexual practices among adolescents, monitor community-based health services and work with indigenous populations.
- Adapts, translates and distributes health education materials and radio messages in indigenous languages.
- Provides supplies and equipment for three *Casas de Espera* (Houses of Hope) - maternity waiting homes located next to staffed and equipped birthing facilities. These small cottages provide places for women from remote areas to stay in the days leading up to delivery and for the immediate postpartum period, when the mothers and infants are most at risk.

Learn more about INMED at <http://diningforwomen.org/node/2832>

## Travel Opportunities

DFW has just added a trip to Vietnam and Cambodia in February of 2014 and there's room for a few more women. The 2013 trip to Vietnam was a wonderful experience and we want to extend the opportunity to more travelers. For information about the trip, visit [www.diningforwomen.org/upcoming-trips](http://www.diningforwomen.org/upcoming-trips).

## 13<sup>th</sup> Month Campaign

The 13<sup>th</sup> Month Campaign is dedicated to support the operational expenses of Dining for Women. The 15% allocation to operations from our monthly program donations provides about \$140,000 annually for this purpose leaving an unfunded shortfall of \$225,000. This is where the 13<sup>th</sup> Month Campaign, corporate and foundation gifts, and other miscellaneous sources of income, like our cookbook sale, are essential. This year we hope to raise a total of \$130,000 with the 13<sup>th</sup> Month Campaign. We are building on our organizational belief in the power of collective giving. **100% participation** by our members at about \$20 per person will achieve that goal.

**We're so glad you asked!** (Questions submitted on Meeting Evaluation Forms may be answered here.)

**"What's a good way to encourage everyone to donate before leaving? Usually a few forget."**

- Set a regular time during the meeting to make donations – right after the video, during dessert – whatever works for your members – and announce it.
- Add a reminder to follow the Dinner Affirmation – "It's Donation Time".
- If you have an internet connection, set up a laptop to make it easy for members to donate online.

## Meeting Ideas – Take it and Make it your own

(You can share YOUR ideas through the Online Meeting Evaluation Form on each Program page, and you can adapt any of these ideas to suit your chapter's needs and interests.)

- Chapter Leader Patty Wilson says, "I always email a couple pictures and wrap-up notes after each meeting to our entire email list, so they can stay involved even if they couldn't make it to the meeting." (You can also include a link to the current month's program page and encourage those who couldn't attend to donate online.)
- Have a discussion about the future of your own chapter – your members' thoughts on how the group can be sustained over time, how individual members want to be involved, how and when to recruit new members, how your chapter can have a presence in your community and every other idea or comment your members want to raise.

### Our Mission

*Dining for Women's mission is to empower women and girls living in extreme poverty by funding programs that foster good health, education, and economic self-sufficiency and to cultivate educational giving circles that inspire individuals to make a positive difference through the power of collective giving.*

### Our Vision

*Our vision is to create a new paradigm for giving – collective giving on an immense scale while maintaining the intimacy of small groups with a focus on education and engaged giving.*

### 2013 Program Grant Totals

**\$50,000** to **Heshima Kenya** – January Featured (over 2 years)  
**\$15,000** to **The Boma Project** – January Sustained  
**\$50,000** to **Midwives for Haiti** – February Featured  
**\$15,000** to **Matrichaya** – February Sustained  
**\$48,369** to **Her Turn, Nepal** - March Featured (over 2 years)  
**\$15,000** to **Friendship Bridge** – March Sustained

*Grants are awarded after all donations for the month have been received and processed which takes 90-120 days.*

*Please mail chapter donations within five days of meeting.*

**427 Chapters**