

The Dish

News and Info from
Dining for Women



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We are 428 chapters and 8421 members strong

What powerful idea drew you to DFW?



Dear

Having just returned from spending several fantastic days with DFW members, I feel even more committed to our compelling mission.

The time I was so privileged to spend with all of these women reminded me that each of us has a very personal story about our relationship with DFW. Each of these stories is unique and heartfelt.

Recently, one of our chapter leaders told me about a man who believed that the world is full of ideas - both good and bad, some great, some not so great. He believed that our souls call us to follow great, powerful ideas.

To me, DFW is an incredible mix of great and powerful ideas like collective giving, gender equality, bottom up decision-making and more. These ideas are what called me to follow this movement and family called Dining for Women. In a nutshell, that is my story. What is yours?

What is the great idea your soul has called you to follow? If you are reading this, I am betting that DFW is at least one great idea you follow. Share your personal story with others. Let them hear about the joy you get from this great idea called Dining for Women. You never know, but you might just ignite a spark for someone else and create a fire in their soul to join us at the table where we follow great and powerful ideas!

Jamye Cooper
Executive Director

Featured Program: Tanzania Nursing Scholarship



Tanzania Nursing Scholarship Program | June 2014

When they began, these hopeful nursing candidates had little to recommend them - except the drive to achieve this goal. One came barefoot with nothing more than the clothes on her back; another was only there because her sister had paid her first year tuition using the dowry received from an arranged marriage.

On the menu

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- [Three things you need to know about Tanzania Nursing Scholarship](#)
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Hangout with Tanzania on June 13 at 2 p.m. ET

We are planning our next Hangout this one with the Tanzania Nursing Scholarship Program on June 13 at 2 p.m. ET.

You will be able to view the event on the [Dining for Women Events](#) page on Google Plus or on YouTube. Can't make the live event? No problem, the recording will be available on demand.

If you missed the May hangout - a very informative talk with the founder and president of the HOPE Foundation - you can view it here.



Program Hangout: A conversation with the HOPE Foundation for Women and Children in Bangladesh

Although they were able to scrape together the first year of tuition, that accomplishment was overshadowed by the likelihood that their families would not have enough for them to continue to completion. But that uncertainty ends for 25 young women who will receive a nursing/midwifery education thanks to the Dining for Women \$35,000 grant.

The Tanzania Nursing Scholarship Program (TNSP) sponsors and promotes young women in Tanzania to achieve dual diplomas as registered nurses/midwives. Attaining professional status assures their financial stability and independence and allows young women to assist their families and communities to better health and well-being.

Our two-year grant will nearly double the number of students the organization can support.

DONATE

[Learn more about TNSP and how DFW's \\$35,000 grant will be used](#)
[Download the Chapter Leader Talking Points](#)

[Look ahead: Download the second six months of 2014 program flyer](#)

Three things you need to know about TNSP



Women, poverty, education and healthcare

01 The causes and consequences of poor healthcare and lack of education are inseparable. Impoverished communities seldom have accessible healthcare, including prenatal and obstetric care. Conditions are rife for maternal death or illness and high infant morbidity/mortality rates.

But across the world, women are coming to the forefront in providing healthcare services to underserved rural communities. A growing trend in the developing world is the training and deployment of Community Health Workers. Although the name, skill set, or services provided are not as yet standardized worldwide. Health workers are the link between the community and the formal medical system, but also play a significant role in preventive education and care.

[Learn More](#)



Making sure they have skin in the game

02 The Tanzania Nursing Scholarship Program does not offer scholarships for first years. Why?

Education is a highly valued commodity, not to be wasted on those without the will, the desire, the perseverance and the passion to go the distance.

In that first year, women prove their worth - academically and personally. They are given time off during the year to go back and raise money to keep their studies going.

This uncertainty casts a pall over the girls' first year. Dining for Women's funding, however, will double the number of students who can complete their training, giving them something to be hopeful about.

[Read more](#)



Cuisine in the land where spice is king

03 Tanzania sits at the crossroads of the spice trade routes from India.

You may have heard of the Spice Islands. Well that would be the island of Zanzibar and other smaller islands just off the coast of Tanzania.

In particular, the islands produce cloves, nutmeg, cinnamon, and black pepper. Pilau masala is a unique spice blend that combines the above-mentioned spices, and is used in many rice and stew recipes, giving Tanzanian dishes a distinctive flavor.

[Read More](#)

One spot left to grab up! Peru and INMED in October



Join us on an extraordinary journey visit INMED and observe first-hand the life-changing effects of our DFW dollars in remote regions of Peru. This two-week trip will also give you the chance to cross Machu Picchu and Lake Titicaca off your bucket list! It includes a service component to villagers near INMED improve their facilities.

If you're interested (really interested) act quickly because there is only one spot left.

[Learn more and apply](#)

Milestones



Atlanta (GA)

When Sarah Moore's 8th grade Girl Scout troop needed a service project DFW popped to mind. Amy, Sarah's Mom, is a DFW member in Atlanta reports that both she and her daughter "participate" in the chapter.

The scout troop, pictured above, met at the Moore home, made dishes of regional food including plantains, beans and rice and cornbread, and discussed the Mariposa program that was featured that month. They also raised \$15!

Says Amy: "I am so grateful for the ways DFW is educating women ... I am even more grateful for the way you are teaching and shaping our daughter to think globally and to care about making a difference in the lives of others."



Dueling donations at Amazon? Here's our preference

amazon.com

Many of you have seen and publicized Amazon's new Smile site where you designate a non-profit to receive a percentage each



time you make a purchase.

The Amazon associates program, which we are a part of, works in much the same way. You do all your shopping through a designated link: [Copy this, paste into your browser and then bookmark it!](#) A percentage of all your purchases is then sent to DFW.

While both programs benefit Dining for Women, we strongly prefer that you use the associates program and not the Smile program. Why? It is simple math. The associate site provides a significantly higher percentage - anywhere from 4 to up to 10 percent - in fees back to DFW. The Smile program donates just one-half of a percent to DFW.

We are excited that so many of you are interested in using a loyalty/advertising program, but we encourage you to use the link above rather than the Smile program.

You can also use the link on our [Marketplace](#) page. Most products linked in our fair trade and shopping recommendations also go through the associate site.

Travel Tales: A new blog series digs further into our journeys

DFW's Travel Program is all about connections - connections between travelers and the country, with the programs we visit, with the women and girls we get to know. Not all of us can join in these journeys, but in a new monthly blog, DFW Travel Program Director Patricia Andersson will bring the stories and experiences home to us all.

Her monthly blog - **Travel Tales** - will feature stories of our travelers, our trips, and some of the amazing experiences that make up our Travel Program.

The inaugural post is a special story about how Bumi Sehat - our featured program for October - came to be connected to Dining for Women in the first place. And an even deeper connection and reunion of the program's founder and her teacher/mentor, who was among the DFW travelers who visited. It's a moving story of how chance occurrences and unplanned events can change lives.

[Read the blog post](#)



Who taught you ... that you are never alone?



We walk together — hand in hand with our mothers, our sisters, our grandmothers and our mentors. We share this awesome responsibility with women — and for women — everywhere.

We are nearing the end of the monthlong Tribute to Mothers fundraising campaign, which ends tomorrow.

The campaign has been a big success and we truly appreciate everyone's generosity in helping us meet our goal. A member's anonymous \$2500 matching gift carried us over our goal and inspired many of you to contribute.

We are grateful for your contributions and even more honored that so many of you shared your tribute with us. The heartfelt messages to moms, grandmothers and friends warmed our hearts and many brought a tear.

Greeley (CO)

Congratulations to Thora Pabst and Greeley, CO, chapter on two successful years with DFW.



Springfield-1 (IL)

Thanks to chapter leader and board member Anne Capestrain for sending this photo of her chapter celebrating its eighth year with DFW. That's exciting. And we understand that some champagne was available to mark the occasion. Just a smidge though that we weren't invited!



Knoxville (TN)

First anniversaries are always a great milestone, so a special shout out to chapter leader Stephanie Levy and the members of the Knoxville (TN) chapter.

If you have an anniversary, first meeting, special speaker, please [send the info and photo via our communications form](#) so we can get the skinny to everyone reading The Dish!

About this month's Dish



Linda McElroy, our recipe curator, kicked off the first in a monthly series of posts called **The Proven Platter** this month. Each month, Linda, a chef and former restaurateur, will select a recipe from the featured program's national cuisine and put it through its paces in her kitchen. She'll test it, tweak it, try it out, and write a blog post that goes beyond an ingredient list. She includes interesting information about the native foods culture and cuisine as well as really helpful cooking tips.

[The first posting is a scrumptious-looking Mango-Coconut tart](#). Check out and [let Linda know](#) what you think. We're sure she'd love to hear from you.

What's on your table?

THANK YOU FOR YOUR SUPPORT AND FOR PROMOTING OUR EFFORTS IN YOUR CHAPTERS AND YOUR COMMUNITIES.

DONATE

Does your chapter have great food on the table? Of course you do! Grab camera and shoot a photo pretty n in the same size and shape as this one. Preference will be given to those of you who cook food from the countries of our programs.

Please [send it to us at this link](#) with little info about your chapter and the dish itself. You could be The Dish Pick of the Month!

Change in The Dish delivery

Effective with the July edition both newsletters - The Dish and the Chapter Leader newsletter - will come to you on Thursdays. That's just one day earlier than you usually receive them but we don't want you to miss any!

Board of Directors

Barb Collins
Chair and co-founder
Anne Capestrain
Secretary
Susan Stall
Treasurer
Marsha Wallace
Founder
Barbara Wagner

Our Vision

We envision a world where millions of people's lives have been transformed and extreme poverty has been reduced because Dining for Women connected people in creative powerful ways that assure gender equality.

Our Mission

Through collective giving, Dining for Women inspires, educates, and engages people to invest in programs that make a meaningful difference for women and girls living in extreme poverty.

Our Culture

In all we do, we model our deep belief in collaboration, education, inspiration, and transformation.

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