

The Dish

News and Info from
Dining for Women



VOL 1, ISSUE 4 | AUGUST 2013

DFW members grow and learn in many ways



Recently, I met Betty Huck, right, a chapter leader in Sedalia, CO, who told me she had owned a computer for a while, but she "didn't have much use for it." Becoming a chapter leader inspired Betty to learn computer basics so she could manage her chapter, but she went even further. Betty learned Powerpoint, so she could do presentations. Go Betty!

VIDEO: [Betty talks about how DFW has transformed her life.](#)

How has DFW inspired YOU? It isn't too late to [send me your story.](#)

Warmly,

Marsha



On the menu

[StoveTeam International is our August featured program](#)

[Three things you need to know about StoveTeam](#)

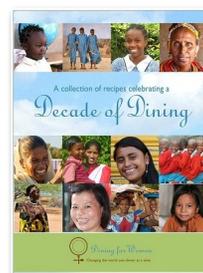
[PINCC and Children of Vietnam program updates](#)

[Program director leaves after leading through a decade of growth](#)

[Chapter mentors needed](#)

[Cookbooks are coming in time for the holidays](#)

COOKBOOKS!
Just in time for
holiday giving



Packed with 600 recipes that span culinary tastes from deep-fried Southern to hearty Midwestern to program-inspired multicultural foods, our cookbook is back.

Maybe you didn't order one last time; maybe everyone in your family saw yours and wants one. The good news is, we're printing more and you'll have them in time for the holidays.

Orders, however, can ONLY be made through your chapter. If you





So often the programs we support deal with complex issues fueled by history, culture, prejudice and centuries of bias. The solutions are often hard to define, much less resolve.

But not in Oaxaca, Mexico, where the effects of smoke inhalation from indoor cooking fires are a leading cause of death for children under 5. Thousands of children die each year of pneumonia - at least half of them from inhaling particulates related to indoor air pollution. Most often, this tragic outcome occurs for want of something very basic: a safe, well-vented stove.

And that's what StoveTeam International - our featured program for August - provides. The organization manufactures and sells the Ecocina cookstove - an environmentally safe, fuel-efficient wood-fueled indoor stove. With seed funding from Dining for Women and other sources, StoveTeam will build a factory in the Oaxaca region that will be woman-owned, employ local women in sales, and distribute the Ecocinas to be sold to families for \$50-\$60.

This will be the seventh StoveTeam factory in Latin America and the second in Mexico. Through its six other facilities, StoveTeam has distributed more than 37,000 stoves and, according to the organization, impacted the lives and health of 280,000 people.

[Find out more about StoveTeam International in Mexico](#)
 Can't make a meeting? No worries. [Donate to StoveTeam online](#).
 Connect with Stove Team on [Facebook](#), [Twitter](#) and [LinkedIn](#).

Three things you need to know



The program's origins rooted in horror

01 Nancy Hughes founded StoveTeam after a medical mission to Guatemala in 2003. What she saw there shocked her.

Children badly burned from the open flames. Babies with their throats so thick with creosote they could not be intubated. She knew this was what she was being called to do.



A diverse cuisine based on grain

02 Drinking hot chocolate is embedded in Mexican culture and Oaxaca is the center of chocolate production in the country. The traditional way of blending the milk and melted chocolate is with a molinillo. This wooden mixing tool has a long handle with a perforated bulb and loose rings at the bottom. You hold it between your palms, rub your hands together, and the tool spins, mixing and frothing



The most innocent victims

03 "My daughter suffered from asthma, but now that we have an Ecocina stove it has reduced the amount of smoke in our home and she has a better quality of life."
 - Luisa Leonor, El Salvador

Indoor cooking on open flames without ventilation is a common practice around the world. It is also the cause of indoor air pollution that results in pneumonia, cardio-

aren't affiliated with a chapter, [this is a great time to get involved](#).

If you are already part of a chapter, your chapter leader will be in touch with you about ordering. Ordering is open through Aug. 31, so start making your holiday gift list.

What's for dinner tonight? How about Parmesan Chicken Paillards with Cherry Tomato Sauce.

Increase your gift

No, you don't have to give any more. But many businesses do offer matching donations for employees' charitable gifts. Does yours?

If you don't know, check with your HR department. Signing up for this benefit will benefit all the charitable organizations you support.



Dining for Women contracts with Network For Good for some online donation processing. If your gift is processed by Network for Good, your tax deductible gift receipt

will come from Network For Good immediately via e-mail. Please save it for your records. No additional receipts for donations processed by Network for Good on behalf of Dining for Women will be issued by Dining for Women.

Board of Directors

Barbara Wagner
 Chair
Susan Stall
 Secretary
Sally Petersen
 Treasurer
Marsha Wallace
 Founder
Barb Collins
 Co-Founder

Kirsten Bunch
Karen Frederick
Jordene Hale
Susan Hale

Dining for Women's grant will help continue Nancy's work by providing funding to hire one full-time and six part-time staff who will sell, promote, train and educate women on the use and benefits of the Ecocina. Once a stove is sold, they will make a follow up visit, answer questions and provide additional training.

[Read More](#)

the chocolate.

[Learn more about cuisine and customs](#)

pulmonary disease (COPD), lung cancer, heart disease and, when women are pregnant - low birth weight babies and stunted growth of infants.

Globally, these conditions contribute to the deaths of 3.5 million people a year.

[Food For Thought](#)

Program Updates

Dining for Women requires that each program submit periodic status reports of progress. Recently, we received a status report from [Children of Vietnam](#) and a final report from [Prevention International No Cervical Cancer \(PINCC\)](#)



Children of Vietnam

The featured program in May 2012, Children of Vietnam provides support to women to help them develop the skills and confidence to lift their families out of poverty. The program provides support in several ways including business training, microloans, healthcare and housing.

[Read the interim report](#)
[Learn more about the program](#)



Prevention International: No Cervical Cancer

PINCC has completed its grant program in El Salvador and Central America. Dining for Women funding has helped train 60 more doctors and nurses in El Salvador - exceeding its commitment to train 20. Other accomplishments include establishing a successful train the trainer program for community outreach and establishing a clinic in San Salvador.

[Read the final report](#)
[Learn more about the program](#)

Moyen-Logan leaves program role; stays on board

Jennifer Moyen-Logan has volunteered her service as Dining for Women's Program Director since 2009. Donating thousands of hours of her time and talent, Jennifer has developed and overseen all aspects of the DFW grant-making process from application through funding. Under her leadership, we experienced periods of tremendous growth, increasing our grants to 21 each year.

In addition to managing the incredibly demanding administrative and organizational tasks of this position, she has trained and led an all-volunteer team that reviews and recommends the grants that we



fund. The attention to detail and passion that Jennifer has brought to the position has allowed DFW to award and execute our grants at a professional level that has earned us the reputation of being tops in our field. In June, Jennifer made the decision to step down from her duties as Program Director to transition the position to a paid staff member.



Jennifer Moyen-Logan

Thank you seems hardly enough to recognize and show gratitude to Jennifer for her incredible dedication and talent. We will miss her fine leadership and abilities in this area, but are happy to say that she is continuing her service to DFW on the Board of Directors. Thank you Jennifer!

Volunteers needed to mentor new chapters

We are working on some significant changes to our volunteer page on the website to make it easier for people to see immediate needs and see if their skills, interest, and current schedule match up. We'll be announcing that soon.

Until then, we have some immediate needs that are very important.

MENTORS

In several regions, we are in need of mentors. The mentor's main focus is to cultivate, inspire and nurture Chapter Leaders through launching new chapters and retaining existing chapters. Mentors receive training and support from experienced DFW personnel and report to the Regional Leader. Time expectations: One to three hours a week. Time Commitment: one year

Getting new chapters up and running in a timely manner is very important to Dining for Women and mentors are key to that process.

We need mentors in the following regions:

- Heartland (IA, IL, MN, MO, ND, NE, SD, WI)
- Southeast (AL, AR, GA, FL, LA, MS, SC)
- Northwest (AK, ID, MT, OR, WA, WY)

There is a particular need for mentors in the state of Alaska.

[Email us if you are interested in being a mentor](#)

COMPUTER TRAINING

Looking for someone to share their computer skills and knowledge with our Heartland regional leader. Experience with Google docs and Excel needed. Time commitment is flexible and online sessions or phone support are OK.

[Email if you are interested in helping with computer training](#)

SOCIAL MEDIA CURATOR

Do you follow international development issues? Read blogs for programs like the ones we sponsor? Stay on top of issues affecting women around the world in their own countries as well as international forums? You may be just the person we need to curate this aspect of social media for DFW. Time expectation: flexible, driven by developing news.

[Email if you have interest in being a social media curator](#)

About August's dish...



This month's dish - Chaiu Ko Takari (Easy Mushroom Curry) - was provided by Kathy Young of the Vancouver, WA, chapter (leader: Kaitlin Smith). Young prepared two dishes for the July meeting. Both are traditional Nepalese cuisine, which added a cultural component to the discussion of that month's program: One Hearth Worldwide in Nepal.

"I found the recipe on Food-Nepal.com and loved that it only took 15 minutes to make," says Kathy. "I also made some Aloo Achar (potato salad) that was a big hit. The site said it was from the Krishnarpan Restaurant, Dwarika's Hotel, Katmandu. It had

a dressing made from ground roasted sesame seeds, hot green chili peppers, garlic, ginger and cilantro, and the juice of four lemons. I took a photo of that as well, but with the light and color (a pale green dressing over some yellow potatoes)...well, it did not look terribly appetizing!"

"I was so fortunate to meet the founder of One Heart World-wide, Arlene Samen, last month, and told her I would see if our chapter could raise \$1,000 (the cost to train one mid-wife) and as of last night we had \$860. More donations are sent in, so really hoping we made it! I very much enjoyed researching and presenting this month."

We hope you make it too! Thank you Kathy and Kaitlin. (And thank you also to Erika Keaveney of the San Diego, CA, chapter for the submission. Keep the dishes - and the stories behind them -

coming!)

Remember: We invite you to [send us a photo](#) (make sure it fits pretty much these same dimensions) of a dish from one of your meetings - preference given to those of you who cook food from the countries our programs are in. We'll pick one each month and credit your chapter. Please use the link provided above!

Laura Haight
Communications Director

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.

Dining for Women | 864-335-8401 | info@diningforwomen.org | <http://www.diningforwomen.org>
PO Box 25633
Greenville, SC 29616

Copyright © 2013. All Rights Reserved.

