

The Dish

News and Info from
Dining for Women



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Planning the next decade of growth



Dear Friends,

I am still enjoying the glow from the 10th Anniversary Celebration. It was fun to host everyone in Greenville, Dining for Women's hometown. Our first decade has been a whirlwind of grassroots growth, connections, education and empowerment. If you compare organizational development to human development, DFW is in early adolescence. The next decade will see us mature further, becoming a larger community of empowered and passionate members with the leadership and financial stability to reach even further toward our goals of ensuring gender equality for women and girls.

Based on the the feedback you gave us during the session on Dreaming the Next Decade, in the coming years you want to see us use our collective voice to advocate for issues we care about; intentionally focus on increasing the diversity of our membership; keep our focus on the maintaining the simplicity of our model, and work to ensure financial sustainability for DFW- to name just a few of the great ideas you shared.

As we grow, I am committed nurturing the values that have made DFW successful, maintaining our grass roots core and empowering our members and leadership to achieve even greater impact for ourselves, women and their families, and ultimately, the world.

Thank you for making the first decade so amazing and for sharing your vision of the next.

Warmly,

Marsha

July 2013 Featured Program

OneHeart World-Wide, Nepal



On the menu

[One Heart World-Wide is our July featured program](#)

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

[2012's Volunteers of the Year](#)

[Download our Decade of Dreams digital magazine](#)

[Donation Options](#)

10th anniversary digital magazine



Our conference last month was so packed with information that the only way to stay on top of it was to post live throughout the weekend. Those of you who follow us on Facebook, Twitter and LinkedIn got a heads up on a lot of the motivational and inspirational programs from effective advocacy to the end-of-session ideas discussion.

Now we have a digital magazine that is pulling all this content together. It's designed for mobile devices using the free Flipboard app, but you can also get a pdf



The greatest risk to the lives of Nepali women is childbirth. Nearly 90 percent give birth at home with no medical care, midwife or trained birthing assistant in conditions that are often dark and unsanitary. Giving birth is considered unclean and women are not permitted to have their babies at home. Under these conditions, every day, 12 Nepali women die in childbirth and 75 newborns survive less than 24 hours.

In this harsh and unforgiving environment, One Heart works to change the odds for Nepali women and their babies. And they are succeeding. Their Network of Safety program works to train health providers, provide birthing kits and educational materials so that women have access to the care they need to survive pregnancy and childbirth.

Our grant of \$50,000 will train 800 birthing assistants, provide 2,000 birthing kits and directly impact the lives of 7,750 women, giving life a chance.

[Find out more about One Heart World-Wide](#)

Can't make a meeting? No worries. [Donate to OneHeart World-Wide online.](#)

Three things (you need to know about One Heart)



Network of Safety's proven impact

01 The Network of Safety program was first implemented in Nepal in the Baglung District in 2010. Over three years, the maternal mortality rate was reduced more than 50 percent; the infant mortality rate by more than 30

percent.

[Read More](#)



A diverse cuisine based on grain

02 The basis of the Nepali diet is bhat - boiled rice - which is served with lentils, curry or a wide variety of condiments, like the extremely spicy pickle called achar. The variety of these is staggering, said to number in the thousands.

Other accompaniments may be sliced lemon (kagati) or lime (nibua) and fresh chili peppers, khursani.

[Learn More](#)



The most dangerous first weeks of life

03 Forty percent of child deaths under 5 years old occur in the first four weeks of life. Between 30 and 60 percent of these deaths could be prevented by better post-natal care. One Heart's program of bringing trained birth

assistants to the most remote parts of Nepal can make the difference between life and death.

[Food For Thought](#)

download.

And it's dynamic: As we add new content to our website or posts on social media - or you comment on posts - you can refresh the magazine and pull in all the new content.

We're working on ways to bring you the best of the conference content. In the meantime, check out our Decade of Dreams digital magazine. [Get it!](#)

Donation Options

Dining for Women's primary goal is to raise money to support our granted programs. It's what we do.

We know that there are many demands on your time and your donations, so we are extremely grateful for your support all year long - including the summer months when normal routines change and your DFW chapter might not even be meeting.

We've got a new Donate page to make giving even easier. Now with one click you can set up any kind of donation from a single screen - including recurring payments, single donations or in memoriams. [Check out our new donation options.](#)

Does your company offer matching donations? If it does, you can significantly increase the power and impact of your participation.

Many companies have a matching gift program. Ask your HR department if you have that benefit and how to sign up. All the organizations you support can benefit from this.

Volunteers of the year 2012

At the Decade of Dreams celebration and conference, Jamey Cooper, executive director of DFW, had the pleasure of naming this year's two Volunteers of the Year. Web team leader Lori Flesher and Program Team Volunteer Helen Belletti have distinguished themselves with years of dedication and commitment. But they are just two faces of many hard working volunteers around the country who make DFW work. We thank you all.

Laurie Flesher



A DFW member since 2008, Laurie is a chapter leader in San Jose, CA. Lori "has worked tirelessly to maintain our website, to test it, to help develop it and with great

Helen Belletti



Helen has been active in her Fairfax, VA, chapter for the past five years as well as leading another chapter and being a mentor in the Mid-Atlantic region



You can make a donation



it and with great attention to detail."

"Laurie has answered our calls when she was on vacation, when she was sick, at ridiculous hours. I

just can't say enough about her extraordinary service," noted Jamye. "She is ready to step away from her duties as our webmaster because she wants to spend more time with her family. "

"We want to thank her for her incredible service. "



the Atlanta region.

But the work that has distinguished her volunteer efforts is with the program selection team. This team is the

heart of what Dining for Women does and it demands a high level of commitment, diligence and dedication. In "two years she's devoted more than 600 hours to that team." She is integral to the process, says Jamye. One of Helen's colleagues described her as "one of the most interesting people I've ever met."

that supports all the work DFW does by clicking on the image.

Board of Directors

Barbara Wagner
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Barb Collins
Co-Founder

Kirsten Bunch

Karen Frederick

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Jennifer Moyen- Logan

About July's dish...



Thank you to Dana Gates from the Augusta, GA, chapter for this month's dishpix. We also received photos from Carol Blonder, chapter leader in Phoenix, AZ, and from Marcie Christensen, chapter leader in Frankfort, KY. We are very pleased to be getting some contributions - keep 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.

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