

The Dish

News and Info from
Dining for Women



VOL 1, ISSUE 5 | SEPTEMBER 2013

Advocacy needed for women around the world



Dear ,

Speaker after speaker at our 10th anniversary event inspired us to be more proactive, to raise our collective voices to advocate for the issues we are passionate about.

Several critical issues from Afghanistan to Washington, D.C., are at the forefront right now. DFW has not defined an advocacy role yet, but that doesn't mean we stand on the sidelines. Even small actions can help spur change. You can help by spreading the word and raising your voice. [Read more about the many situations currently demanding action where your advocacy can help in my blog post.](#)

At the same time that we need to advocate to help others around the world, we need to build and maintain a strong structure here at Dining for Women. We are launching our annual appeal - [the 13th Month Campaign](#) - this month. Funds raised in this campaign are used to support our operations including staffing, donation processing, website hosting and support and many more functions essential to keeping Dining for Women operational. I hope you will join us in our effort to get 100 percent participation from our members, donors and friends in this year's campaign.

Marsha

September 2013 Featured Program

Foundation Rwanda



On the menu

[Foundation Rwanda is featured for September](#)

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

[INMED fights for mothers' health in Peru](#)

[Support DFW's annual appeal](#)

[Health in Harmony gets vital monitor](#)

[Cambodia-Vietnam trip scheduled for 2014](#)

[Eugene, OR, home to 2 DFW programs](#)

Health in Harmony gets vital monitor



Wilma Pletsch, a member in Springfield, IL, was part of a DFW trip that visited with Health in Harmony in Borneo. While there, they became aware of some equipment needs, such as this vital signs monitor.

The monitor itself was

donated by Hospital Sisters Mission Outreach in Springfield - an organization Wilma's husband is active in - and shipped to Portland, OR, where a physician carried it to its new home in Borneo.

Health in Harmony reports their doctors are "relieved" to have this vital, new equipment to replace the 30-year-old monitor they had been using.

[Learn more about Health in](#)



Foundation Rwanda photos by Jonathan Torgovnik

A young girl points out her mother and brother in the photo - the photo of skeleton stacked upon skeleton in a discarded pile. In Rwanda, the horrors of 1994 when more than 800,000 were massacred is never out of sight, never out of mind. For the hundreds of thousands of women brutally raped and the some 20,000 children born as a result, the horrors of 1994 go beyond memory.

When Delphine, above, realized she was pregnant with her daughter Sophie, "my thoughts went back to those nights, to the torture that the militiaman exposed me to". "I never felt happy," she said.

Foundation Rwanda works with these women and their children to provide education and build support communities, to help them be able to accept their children who - although born of brutal sexual violence - are innocents themselves. Often cast out by their families, who see their children as enemies related by blood to their unknown fathers, these women have emotional and psychological scars and little support. Some choose suicide, some abandon their children.

Our grant of \$49,898 will provide counseling and assistance to 200 women and their daughters to help them come to terms emotionally and move forward through education, medical resources, and support communities.

[Find out more about Foundation Rwanda](#)

Can't make a meeting? No worries. [Donate to Foundation Rwanda online.](#)

Three things (you need to know about Foundation Rwanda)



How Foundation Rwanda came to be

01 Photojournalist Jonathan Torgovnik was on assignment for Newsweek in East Africa when he learned of the 20,000 children born of rape and the emotional and economic challenges faced by their mothers. Deeply affected by the tragedy, Torgovnik and videographer Jules Shell joined forces to create Foundation Rwanda. A highly



When rape is cheaper than bullets

02 In conflict zones around the world, gender-based violence is a tactic. Gangs of marauding soldiers may bond over violence and rape. The emotion and physical toll breaks the will of villagers. And women, who are often treated as property, become just another part of the battlefield.



A national sense of community

03 The last Saturday of each month is a national day of community service in Rwanda. Normal activities are suspended all day so that communities can gather together to do neighborhood chores, such as cleaning up and meeting on neighborhood issues. It is called Umuganda.

[Learn more about Health in Harmony](#)

Cambodia-Vietnam trip scheduled for 2014



Our 2013 trip to Vietnam was such a wonderful experience, we are pleased to be able to extend the opportunity to more travelers in February 2014. This trip will also include stops in Cambodia.

We will spend time with [Children of Vietnam](#) - a two-time recipient of DFW grants, and meet single mothers who received funds to create a path out of poverty. In small groups, we'll visit these courageous and resilient women in their homes and newly-established businesses. In Cambodia, we will meet with DFW-funded shelter counselors from [Lotus Outreach](#), learn about the issue of trafficking and hear first-hand accounts of their struggles and successes in their work to rescue and rehabilitate girls caught up in the sex trade.

Preference will be given to chapter and regional leaders to thank them for their service to the organization. The first application round ends Sept. 15th, so be sure to fill out your interest form by then if you'd like to join us.

[Get more information and a link to the trip interest form.](#)

Eugene, OR, is home to 2 DFW programs



Nancy Hughes, center back row in orange, a member of the Eugene, OR, Dining for Women chapter was the presenter at last month's meeting.

respected journalist, Torgovnik's book "Intended Consequences" was made into a multimedia short film and was nominated for an Emmy in 2009. Photos taken for the book earned him the American Photography Award in 2008 and the United Kingdom's National Portrait Gallery Prize in 2007.

[Read More](#)

Although rape is not publicly condoned by military commanders in war zones, it is often tacitly ignored. Rarely are soldiers brought to trial. Although recently there are some cases around the world from the Congo to Mali where gender violence is gaining greater attention.

[Learn More](#)

[More traditions and recipes](#)

That was a particularly special occasion since Nancy is the founder of [StoveTeam International](#) - last month's featured program.

Chapter leader Nikki Maxwell sent the photo and noted that another DFW grantee - [CREATE!](#) - is also represented with leadership in her chapter.

"With two featured programs headquartered in Eugene," she said, "we see an opportunity to make Dining for Women a household name in this community."

September 2013 Sustained Program

INMED, Peru

Peru has one of the highest rates of maternal mortality in the world. The Healthy Babies program in rural Ucayali was first funded in 2010 and for sustained funding of \$15,000 per year for three years beginning in September 2012.

The program goal is to provide emergency medical care in remote communities and increase knowledge about maternal health and newborn care through training and education.

[Find out more about INMED](#)

Board of Directors

Barbara Wagner
Chair

Susan Stall
Secretary and
Treasurer

Marsha Wallace
Founder

Barb Collins
Co-Founder

Kirsten Bunch
Jordene Hale
Susan Holck



Keep our foundation strong: the 13th Month Campaign

Collective giving has given Dining for Women the mechanism to achieve change in the world. It can also be successful in helping us to ensure that our foundation is strong enough to support an exciting and expansive vision for our future. This year's **13th Month Campaign** will be our most successful ever IF we achieve our goal of 100 percent participation.

Need more inspiration? [Watch Founder Marsha Wallace's video](#) on the importance of this campaign's success to the future growth and impact of Dining for Women.

Inspired enough already? [Donate Now](#)



About September's dish...



Polly Ferguson (Chapter leader in San Jose, CA) sent this photo of the Africa cookies made by her daughter, Hannah Lineberry, chapter leader in another San Jose chapter. The Africa cookie cutter [can be purchased online at this site](#), but Polly says they are also available from Etsy and eBay (other countries and continents for the truly multicultural).

The decorating, however, is all Hannah's creativity coming out. Thank you, Polly for sending and Hannah for making! By the way, here in Greenville, we **really** like cookies! ;-)

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.

