



VOL 2, ISSUE 2 | FEBRUARY 2014

We are 413 chapters and 8248 members strong!

What can we do to impact gender violence?



"More girls were killed in the last 50 years, precisely because they were girls, than men killed in all the wars in the 20th century. More girls are killed in this routine gendercide in any one decade than people were slaughtered in all the genocides of the 20th century."

Everyone gasps in disbelief when they hear it this statement from "Half The Sky" by Nicholas Kristof and Sheryl WuDunn.

And yet bedrock legislation that might truly impact this situation faces a rocky road for approval. The US legislation - the International Violence Against Women Act - has struggled to find support in Congress each of the four times it has been brought forward. Today, the 2013 version, re-introduced just last November, languishes in committee where the prime sponsor's staff admits, it is likely to die.

Why is it so hard for such sensible legislation to find a voice and what can we do to help?

[Learn more in my blog post.](#)

And thank you for all you do to support the work of our programs around the world.

Marsha

Featured Program: Kakenya Center



Young Kenyan girls face many challenges, especially in remote villages such as the Maasai village of Enoosean, where the Kakenya Center for Excellence is currently piloting its programs. Early marriage, early pregnancy, maternal mortality, lack of health or sex education and the cultural practice of female genital mutilation are all challenges young Maasai girls face.

The Health and Leadership Training program provides these girls with crucial information, life skills and the tools they need to protect themselves from harmful cultural practices and pursue their dreams for the

On the menu

[Marsha Wallace on gender violence legislation](#)

[Featured program: Kakenya Center](#)

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

[Sustained Program: Matrichava Our 2013 celebrates DFW impact last year](#)

[Kakenya Hangout on Feb. 7](#)

[About this month's dish](#)

[Milestones from chapters around the US](#)

[Financial Accountability](#)

[Links to stay connected](#)

[Board of Directors](#)

Kakenya Center Spotlight on Feb. 7 at 2 p.m. ET



The February Program Spotlight will be held on Friday, Feb. 7, at 2 p.m. ET. Our guest will be Jennica Sehorn, assistant director, Kakenya Center for Excellence. You will be able to view the event live on the Dining for Women Events page on Google Plus or on [You Tube](#). Can't make the live event, no problem, the recording will be available [on demand](#).

Did you miss our conversation with [Caroline Ticarro-Parker](#),

future.

The program has four primary goals:

- Increase girls' knowledge about health and leadership-related skills, Kenya's laws addressing the rights of children, and the harmful practices of FGM and early marriage.
- Give the girls in the community access to the fun and inspiring educational resources available through KCE.
- Foster long-term mentoring relationships and peer-to-peer training between KCE students and girls in the community.
- Empower and motivate young girls in all of the Maasai community to achieve their full potential.

Our \$45,000 grant will fund salaries, curriculum development, monitoring and evaluation, supplies and transportation. About 30 percent of the grant will be allocated to documenting the training program and developing a set of manuals that can be used in other communities so Kakenya can expand the number of girls it can reach with a consistent, successful methodology.

DONATE

[Learn more about Kakenya Center](#)

Three things (you need to know about the Kakenya Center)



Kakenya Nitaya is the inspiration

01

When Kakenya Nitaya was 5, she was engaged to be married. When she reached puberty, she was scheduled to be

subjected to female genital mutilation.

She struck a bargain with her father that she would succumb to the mutilation, if he would allow her to finish her education.

He did. The village raised all the funds necessary for her education. She rewarded their efforts and came to the US to study, returning home with a doctorate from the University of Pittsburgh and a plan to change the world for Maasai girls.

Kakenya has received many honors for her work, including being named a CNN Hero in

Evidence of success of the Kakenya program

02

The Kakenya program began with a boarding school. Once Kakenya Nitaya realized how well the program was

working, she wanted to do more. That's when the Health and Leadership camps started.

Part of Dining for Women's grant will go to develop stronger monitoring and evaluation tools. But anecdotal evidence is strong:

KCE has trained 280 girls over the past two years at their Health and Leadership camps. None of the 60 girls from the boarding school who attended the camps have undergone FGM or have been married. Over 230 girls attended and participated in the 2012 graduation ceremony, which was carried out at the time of year when FGM ceremonies

Dining customs and recipes

03

If you are invited to a Kenyan home for dinner, you may notice that most Kenyans eat only with their right

hand. There may be many reasons for this.

Among them: In Muslim countries, your right hand is presumed to be clean and used for eating, while your left hand should be left for less sterile tasks. To that end, when you take your shoes off, do it with your left hand only.

Christians, too, it seems honor the right over the left. The left hand ("the sinister side" to Italians) is the side Satan uses to anoint followers.

Whatever the reason, eat with your right hand.

Executive Director of the Catalyst Foundation? [Take 20 minutes and view it online, on your phone or tablet.](#) (Heads up, we had some technical glitches but the information is still very informative.)

About this month's dish



This month's dish is Vietnamese Beef in Coconut Milk. The photo comes courtesy of the Ahwatukee chapter in Phoenix, AZ. This recipe is a Paleo version, made with coconut oil, and cashews instead of vegetable oil and peanuts.

Thank you to co-leaders Norma Hubele and Toffler Niemuth for sending this. It looks great - and healthy too!

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!

Milestones

If your chapter has a milestone, celebration, anniversary, special guest, please take a moment to take a photo and [send it to us](#). (Don't forget the caption and location information!). We may post them here, on the web page, on Facebook or Flickr... Keep your eyes open, you never know where you'll pop up!



Greenville-1

It was Marsha Wallace's birthday and also the 11th anniversary of Dining for Women. The chapter meeting was held in Marsha's home and included five of the original group. [See more photos and comments.](#)



being named a CNN hero in 2013.

[Read More](#)

or year when FGM ceremonies traditionally take place.

[Learn about FGM](#)

your right hand.

And when you're done, it's OK to burp. Your host will take this as a sign of satisfaction!

[Learn More about Kenya cuisine and customs](#)



Portland-3 (OR)

Ruthann Marquis shared this photo. We liked the banner.

February 2014 Sustained Program: Matrichaya

This is the second year of a three-year grant. With sustained funding of \$45,000 over 3 years from Dining



for Women, 2,265 women will be direct beneficiaries of Matrichaya's program called Health, Occupational Preparedness, and Education (HOPE). Through vocational training, medical aid, legal aid, and awareness campaigns, Matrichaya brings about socio-economic change for women and children living in slums and rural tribal areas of India. Additionally, 150 women will receive basic literacy education over the course of the three-year program.

"Women's literacy improves livelihoods, leads to better child and maternal health, and favors girls' access to education. In short, newly literate women have a positive ripple effect on all development indicators."

- Irina Bokova, Director-General of UNESCO

[Read Matrichaya's program outline](#)



Roswell-1 (GA)

First meeting of the year. Thank you to co-leaders Helen Borland and Mary Crawley for sending.

Endnote

2013 was a breakout year for Dining for Women and we want you to help us celebrate it.

You've probably noticed that we use the word "impact" a lot. We are trying to make sure not only that our members and donors recognize the great value of their donations, but also that Dining for Women becomes recognized for the work it supports.

In 2013, we distributed nearly \$700,000. That money did not buy furniture, or plants, or pay for executive junkets for the organizations we support. It provided birthing kits and nursing training; taught young girls how to protect and value themselves; brought water to remote villages and hope to young women dreaming of more.

Our work exists so women and girls can learn, work, speak out, grow, live and work toward the world they want to see.

Network for Good

If you have donated to Dining for Women through Network for Good via the DFW website, you will have received emailed receipts for each of those donations from Network for Good.

For questions regarding these donations, please contact Network for Good directly at donations@networkforgood.org or call them at 888-284-7978, Option 3.

Quick Links

Here are some other links to stay connected with what's going on at DFW!

- [Say Happy Anniversary to chapters](#)
- [Welcome New Chapters to DFW](#)
- [Follow us on Twitter](#)
- [Get connected on Facebook](#)

Board of Directors

Barb Collins Chair and co-founder

Susan Stall

Treasurer

Marsha Wallace

Founder

Anne Capestrain

Barbara Wagner





So Women and Girls Can: Dining for Women's Impact in 2013

We've created a video that celebrates the work of the programs we supported in 2013. We hope you will find inspiration in it, that you will share it in your chapter meetings and use it in presentations. It is the story of what you did last year.

And it has powerful and lasting impact.

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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