

# The Dish

News and Info from  
Dining for Women



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We are 422 chapters and 8357 members strong

## How can we aid women in conflict zones?



Dear

When violent conflict occurs in countries like Syria, Ukraine, Afghanistan and so many more, it is women and children who are the most affected. They are 80 percent of refugees driven from homes, subjected to violence, rape, hunger, torture and sex trafficking. And yet, despite bearing so much of the impact, women are not included in conflict resolution or government responses to conflict.

That is the goal of the Women, Peace and Security Act currently under consideration in Congress. Those of you who attended our conference last June may have heard Tanya Henderson from Womens Action for New Directions (WAND) speak about the importance of this legislation.

I hope you'll take a moment to [read my blog](#) on this important topic.

While you're there, take some time to walkthrough [our new website](#). We have a lot of new features alongside the same great educational content to help you explore our programs, understand the issues, and find ways to get involved.

Thank you for helping us change the world!

*Marsha*

## Featured Program: Mariposa



### On the menu

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### Grant cycle opens April 1

We will be opening a new grant cycle on April 1. We rely on you to notify organizations you are involved with about our grant availability. Six programs will be selected for the January-June 2015 time period. From April 1 to April 30, we'll accept Letters of Intent from qualifying organizations. Top qualifying organizations will be invited to complete a full grant application. [Learn more about the process.](#)

**Mariposa Hangout  
on April 4 at 2 p.m. ET**

#### FEATURED PROGRAM

#### SPOTLIGHT



Join us on Friday, April 4 at 2 p.m. when we talk with Aislinn Doyle, president of the executive board of directors of the Mariposa Foundation. You will be able to view the event live on the [Dining](#)



REPUBLIC

In a region where extreme poverty is rampant, literacy is low, and sex tourism is on the rise, girls stand little chance to succeed in life. The Dominican Republic is a dangerous place for adolescent girls and even more dangerous for girls living in poverty. Industries in the country cannot support a large unskilled, unschooled workforce, and many poor families struggle to earn a few dollars a day. They depend on their children to help with young boys finding work, and girls required to tend to the family and home. These conditions result in some sobering statistics. According to the Mariposa Foundation:

- Fewer than 20 percent of all girls in the Dominican Republic make it past 8th grade.
- A 10-year-old girl growing up in poverty has already worked more than 1,000 hours doing domestic chores.
- Only six cents of every dollar of international aid money is directed toward girls in poverty.

There are few choices these girls. Although public school is free, books and uniforms aren't. Parents must choose which of their children to education and that usually is the boys. Girls must walk to school, putting themselves at risk of injury, kidnapping or being lured into the sex or pornography trades.

[DONATE](#)

[Learn more about Mariposa and how DFW's \\$44,450 grant will be used](#)

[Download the Chapter Leader Talking Points](#)

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

### Three things you need to know about Mariposa



Words from the founder of Mariposa



Lunch the big meal for Dominicans



Holistic programs are complex systems

01

"We cannot achieve results on our own. Our strength lies in our ability to create meaningful connections within our community and work collaboratively to achieve lasting results," says Patricia Thorndike Suriel, Founder and Executive Director of Mariposa.

One of the key components of Mariposa's success is that it is directly impacting whole families, as well as the girls. The foundation works with other NGOs to provide assistance building homes, providing beds, arranging medical care, and overcoming other obstacles to keep the girls engaged in the program.

"By doing so, we reinforce to the family that she is a valuable and powerful member of her household, and that her success ensures their success."

[Learn More](#)

02

In the Dominican Republic the largest, most important meal of the day is lunch. Its most typical form, nicknamed La Bandera ("The Flag"), consists of rice, red beans, meat (beef, chicken, pork, or fish), and salad.

If invited to dinner at a Dominican's home bring a gift such as chocolates or pastries. A handshake, with direct eye contact and a welcoming smile is standard. Maintaining eye contact is crucial as it indicates interest.

Green Plantain Fritters (above), or Tostones, are made so frequently that a Tostone Press can be found in many kitchens.

[Read more about customs and cuisine of the Dominican Republic](#)

03

The Mariposa Foundation has a holistic "whatever it takes" attitude to achieving its mission to end generational poverty by educating and empowering girls to create sustainable solutions.

In addition to directly supporting girls, holistic programs also focus on transforming the lives of the people who surround them - shifting their thinking to bring awareness to the value of girls. This gives the entire community ways to design a future free from poverty.

Girls can ultimately become developers of strong societies and prosperous communities, and organizations that assist them need to honor the complexity of the systems in which they live.

[Read More](#)

or 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](#).

If you missed the March hangout - an energizing conversation with Maggie Doyne, the founder and executive director of BlinkNow - take 25 minutes to view it on YouTube or click the image right here!



### Are you a media maven?

Are you plugged into social media? Do you follow the non-profit, international development NGO news on Twitter, Facebook, Instagram? You may be just the person we are looking for to help us keep DFW members in touch with social media.

The volunteer position is social media curator and basically is posting the content you may already be reading on our social media sites.

If this sounds cool to you, please [contact us to get started](#).

### About this month's Dish



With this month's Featured Program in the Dominican Republic and our Sustained Program in Uganda, we found a surprising connection by searching our DFW Recipes. Ugandan Curried Potatoes is a recipe we published some years ago. It's a spicy, beautiful red-orange dish that would more likely have been made with plantains in Uganda.

And plantains are a staple in Dominican cuisine, as well. So

## April's Sustained Program: Village Enterprise



Village Enterprise will receive \$15,000 from DFW again this year for the Budongo Forest Women-led Businesses Project in Western Uganda.

This is part of its larger Integrated Conservation and Microenterprise Development Program. Through a partnership with conservation organizations such as the Jane Goodall Institute, the project uses an integrated approach providing women-led entrepreneurs the means to create sustainable businesses, alleviating poverty and reducing habitat destruction.

By supplementing business training with important conservation training, Village Enterprise is educating people on the value of the forest and giving them the economic means to make a living without exploiting forest resources. In this way they are tackling poverty while reducing numerous negative human impacts on protected animals and forests.

## Milestones



### Marsha Wallace Day!

Lynn Robinson, mayor of Santa Cruz, CA, proclaimed March 23 to be Marsha Wallace Day. Dining for Women Founder Marsha Wallace is on a West Coast tour visiting several cities, spending time with chapters and a plethora of media appearances including local TV and radio programs.



### Happy 5th anniversary

Colorado Springs-1 (CO) celebrated its fifth year as a DFW chapter recently. Thank you to chapter leader Jandy Barentine for the photo.

Does your chapter have a milestone to celebrate? [Send photos \(with captions, please\)!](#)

## Endnote

### What are you searching for?

Normally in this section, we try to be inspirational or motivational. But this month, we're going to do something operational. And, yes, it's related to our new website.

There are many new features for you to explore, but in this note we're talking about search. There are three of them on the site and they work somewhat differently.

Because our old site did not have any search capabilities, you may feel like you went from famine to feast

whether you make this dish with potatoes or plantains, we think you'll find it delicious!

[Get the recipe](#)

### Pecan Pralines - the recipe



We had several emails asking for this recipe after we featured Mar Caroline Mitchell's family praline recipe as March's Dish.

Mary Caroline, chapter leader in Springfield, IL, was gracious enough to share. So here goes - but plan to spend a couple of hours in the gym to deserve these babies!

### Buttermilk Pralines

1 C brown sugar  
2 C white sugar  
1 C buttermilk  
1 tsp baking soda  
2 tsp. vanilla  
2 tbs butter  
2 C pecan halves

Lay out wax paper on top of a

layer of paper towels on the counter. This prevents the wax paper sticking to the counter because you will break the pralines trying to pry them off the counter otherwise.

In a large 6 qt saucepan, mix sugars, buttermilk, soda, vanilla and butter with a wooden spoon. Stirring constantly over medium-high heat, cook to the soft-ball stage (240 degrees on candy thermometer). Remove from heat and continue stirring.

Add pecans and keep stirring as the mixture begins to thicken.

Spoon in 2-3 inch puddles onto wax paper and allow to cool. Judging when to start spooning the pralines requires practice-too soon and you'll have sticky caramel, too late and the mixture will solidify in the pan.

You'll figure it out pretty quickly!

But all is not lost if they harden too quickly. Have some very hot water nearby and stir into the mix if they get too stiff.

### Board of Directors

**Barb Collins**  
Chair and co-founder  
**Anne Capestrain**  
Secretary

with the new one which has three distinct searches. This is thanks to the talent, perseverance and hard work of our developer - [Yella-Soft](#), a web application and software developer here in Greenville, SC.

Here are some tips to find what you are looking for:

- A full-text site-wide search accessed from the search box in the footer (on the home page) and the upper right hand sidebar on all other pages. This searches every word on the site to match up with your terms. If you want to find information about Marsha Wallace, put the two words inside quote marks ("") to join them.
- If you want to explore programs, use the Featured Program Search on the Featured Program Page. You have multiple options here including the ability to search by impact area, region or year funded - or any combination of those three.
- The recipe search is accessible from the Recipes page and from the sidebar of all the non-program pages. You can search for recipes by country and/or key ingredient or type.

It may seem confusing, but like anything new, it may take some getting used to. We hope that as you spend time on the site, you'll learn how to use it the way that works best for you.

**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.

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