What is the essence of Dining for Women?

Dear

Winter may seem like a slow time of year, but for Dining for Women, a powerful conversation began.

Four strategic priorities are in the works, serving as a beacon for our direction in the next 18 months.

I've written about these transformative priorities in a blog post this month, and am asking for your feedback. Help us define our essence and then share some stories that show our values in action.

Ideas are powerful when put into action, especially when they take shape through collaboration. Help us see the impact we are in the world and in your lives.

Barb Collins
Co-founder and board chair

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Grant cycle ends April 30

Our current grant cycle is open through April 30. 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. Letters of Intent from qualifying organizations must be submitted online. Top qualifying organizations will be invited to complete a full grant application.

Learn more about the process

HOPE Foundation Hangout on May 9 at 2 p.m. ET

We are planning our next Hangout - this one with the HOPE Foundation on May 9, 2014. We're firming up details, but stay tuned for more.

The Hangouts have been great ways of getting information out about the program, the community, the challenges and the impact on women and girls. We are getting more than 600 views every month.

Read and Contribute

Who taught you?
A Tribute to Mothers everywhere
We all had someone.

Someone who showed us how to do things. Someone who held our hands. Someone who taught us the right ways and helped us to grow into the adult we became.

For many it was our mom, but for others a grandmother or an aunt or even a teacher or mentor.

Our Tribute to Mothers will run through the entire month of May. We invite you to make a donation to support DFW’s efforts to empower mothers everywhere and to honor that special person in your life.

Please leave a commemorative message on our special Tribute to Mothers fundraising page when you make your donation. We appreciate your help in promoting this message to your chapters in May.

Honor and remember those who taught you by fueling our work to empower mothers who need it the most.

DONATE

Featured Program: The HOPE Foundation

Remember if you have a question about the program you’d like to be considered for the hangout, send it to education@diningforwomen.org by Wednesday, April 30, to be considered. You will be able to view the event live on the Dining for Women Events page on Google Plus or on YouTube. Can’t make the live event, no problem, the recording will be available on demand.

If you missed the April hangout - an energizing conversation with Aislinn Doyle, president of the board of the Mariposa DR Foundation - take 25 minutes to view it on YouTube or click the image right here!

Program Spotlight: A Conversation with Mariposa DR Foundation

An extraordinary journey: Peru and INMED in October

Join us on an extraordinary journey to visit INMED and observe first-hand the life-changing effects of our DFW dollars in remote regions of Peru. This two-week trip will also give you the chance to cross Machu Picchu and Lake Titicaca off your bucket list! And it includes a service component to help villagers near INMED improve their facilities.

The deadline to submit an interest form for this trip is May 15.

Learn more and apply

Milestones
In the developed world, access to modern maternal and obstetric care makes obstetric fistula a rare occurrence. Fistulas exist mostly in undeveloped countries where women typically give birth at home with untrained assistance, where prenatal care is almost non-existent, where early marriage leads to pregnancy in young girls, where nutrition is poor and where women receive little education, particularly about their bodies or maternity and birth.

Over 90 percent of rural women in Bangladesh give birth at home with no trained medical personnel present. As a result, three women die every hour due to pregnancy and childbirth complications. The problems of rural home births are threefold:

- Untrained birth attendants are not likely to recognize or be able to treat high risk cases.
- Poor rural women traditionally do not have pre-natal care that might alert trained personnel to a potential problem.
- The women have little knowledge of their bodies, pregnancy or birth that would inform them of safer practices.

Many women already suffering with fistula don’t realize the condition can be cured and others don’t recognize the health risks early pregnancy brings. The DFW $45,000 grant will pay for salaries and training of medical staff as well as outreach programs and Mothers’ Clubs in the area to reach out an identify women already suffering with fistula and also those in the vulnerable population and provide access to medical care and health education.

In Bangladesh it is who become representatives for the number of fistula survivors workshops, and lastly, by the at Mothers’ Clubs and HOPE reproductive health information women who receive sexual and of surgery, the number of women found who are in need

The success of the outreach program will be measured by an increase in the number of women found who are in need of surgery, the number of women who receive sexual and reproductive health information at Mothers’ Clubs and HOPE workshops, and lastly, by the growth of the organization in the number of fistula survivors who become representatives for HOPE. In Bangladesh it is

### Three things you need to know about The HOPE Foundation

1. **HOPE works to make it safe to talk openly**

   The Obstetric Fistula team funded by DFW donations will restore women’s lives and their relationship to the community in such a way that they may become advocates and sources of information, as well as role models for others.

2. **A long history of injury**

   The first known reference to obstetric fistula was contained in a papyrus scroll, discovered between the knees of a mummy at Thebes, dating to about 1550 BC.

   It was a very long wait for a surgical solution. In the mid-1800’s, an Alabama surgeon, Dr. J. Marion Sims, carried out a series of operations on slave women and developed a successful surgical technique. "Women are not dying because of diseases we cannot treat. They are dying because society has yet to make the decision that their lives are worth saving," said Mahmoud Fahalla, a renowned Egyptian obstetrician/gynecologist.

3. **Bangla cuisine: The importance of flavor**

   A common theme emerges in Bangla cuisine - savoring the flavor. The spice mixture called panch phoron (translated: five flavors) is a blend of fennel, fenugreek, cumin, nigella, and mustard. It is used often to flavor hot cooking oil before any other ingredients are added.

   Fish is a staple and much of the country has access to the sea by way of Bengal Bay. But river fish are highly favored over ocean fish. The reason? They are considered more flavorful.

   At a Bengali meal, you’ll be served each dish separately, to be eaten with a little rice or flatbread so that the individual

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Learn more about HOPE Foundation and how DFW’s $45,000 grant will be used

[Download the Chapter Leader Taking Points]

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

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**Salem-1 (VA)**

Welcome to Bonnie Allison, chapter leader, and Salem-1 in Virginia. The chapter just had its first meeting and we’re excited to have them.

If you have an anniversary, first meeting, special speaker, please send a photo and brief info to media@diningforwomen.org. (Please remember to include your contact information!)

**Seguin (TX)**

The Seguin, TX, chapter met over lunch in March and learned about BlinkNow. $400 was raised by the 11 attendees.

### About this month’s Dish

This photo comes courtesy of Mary Liz Jones of the Abington, PA, chapter. Mary Liz is also DFW’s volunteer coordinator! In March, 40 women from the Abington, Elkins Park and Jenkintown (All PA) chapter got together for a collaborative dinner. Hosted and prepared by Whole Foods, the evening was a feast of chef-prepared specialties like this Spinach Paneer.

Does your chapter have great food on the table? Of course you do! Grab a camera and shoot a photo pretty much in the same size and shape as this one. Preference will be given to those of you who cook food from the countries of our programs.

Please send it to us at this link with little info about your chapter and the dish itself. You could be The Dish Pix of the month! Get ready to share.

[media@diningforwomen.org]

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**Chair and co-founder**

Board of Directors

**Barb Collins**

Chair and co-founder

**Anne Capestrain**

Secretary

**Susan Stall**
This is the second year of Sustained Funding from DFW for PINCC's work in El Salvador - a $45,000 grant distributed over three years.

New Southwest Regional Leader Named

Staci Blunt has been named the new regional leader for the Southwest region.

Staci has been a member of Dining for Women for two years - starting in the Phoenix chapter and quickly moving to start a new group in her hometown of Chandler with co-leader Kathrine Blomquist.

Staci is the owner of Vacation Visions, a travel agency specializing in destination weddings, honeymoons, family luxury vacations and family trips. Her passion for travel has been a lifetime interest and she earned a bachelor’s degree in Tourism and Recreation Management from the University of Arizona.

She has traveled to 49 states and international destinations including South Africa, Western Europe, Australia, New Zealand, Tahiti, Fiji, Mexico, Canada, Costa Rica, Peru, Israel, India, Japan, Egypt and Guatemala.

"We are excited to have Staci leading the Southwest Region," said DFW Executive Director Jamye Cooper. "Her enthusiasm and passion for Dining for Women are an asset to the region as well as our overall organization."

May's Sustained Program: PINCC

Prevention International: No Cervical Cancer is working in El Salvador to significantly improve health outcomes for women and girls by diagnosing and preventing this disease.

PINCC tells their own story: "Because of DFW's generous donors, PINCC has empowered a network of doctors and nurses who were overwhelmed with the task of screening and preventing cervical cancer, despite having a Pap system available in their public health centers. By teaching a cost- and time-efficient, single-visit method of finding and eliminating the cancer in its pre-invasive stages, we gave them the tools to save thousands of lives. We wish each of you could see the relief and gratitude in women's faces as they leave knowing they are safe from this terrible disease. If you could see the pride and joy of the medical staff, who now have the tools to help their communities, you would know how important DFW's contribution is. Your caring has made such a difference for the women and families of El Salvador!"

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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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