How has DFW transformed you?

“Personal transformation can and does have global effects. As we go, so goes the world, for the world is us. The revolution that will save the world is ultimately a personal one.”

Marianne Williamson

Dear

Shortly after the first DFW dinner, it was clear to me that we had the potential to create something big. By October 2003, my goal was to have a chapter of DFW in every state, but I had no idea how my life would change as a result of trying to make my dream a reality.

My personal transformation revolves around the realization that we can all be more than we imagine. DFW’s focus on education and connection with others reveals our common humanity. When we lift others, we lift ourselves. We are transformed in the process.

Over the years, many of you have told me that DFW has deeply impacted you too. As the 10th anniversary celebration approaches, I would be honored if you shared your experiences with me at marsha@diningforwomen.org. We would also like to share some of these stories with others on our website. If you are willing to have your story used in this way, please let me know.

We can’t know for sure what the next 10 years will bring, but I embrace the possibilities with open-hearted expectation. We can be the revolution that will save the world.

Marsha

June 2013 Featured Program

Breaking Ground in Cameroon

On the menu

Breaking Ground - Cameroon
Women feed the world
Program updates from Nepal and Tanzania
Help us win the Raise for Women Challenge
About June's Dish
A peek behind the scenes at photo shoot for People Magazine
Still time to register for our June conference
Donation Options
We've got a job for you

One spot open for memorable India trip

We still have a spot open for what promises to be a magical trip to India in November.

We'll visit three past programs and see many of the world’s most beautiful spots, such as the Taj Mahal.

Full details and an interest form are available online.

10-year event:
There's still time...
Women in Cameroon farm to support their families and communities. But their efforts often produce just enough to live on. The painstaking and labor-intensive efforts often mean that girls are unable to attend school as they work the fields.

Breaking Ground's Women's Entrepreneurial Program (WEP) provides instruction in business and agriculture to help women move from subsistence to economic viability. The program works with 20 village women and girls at a time to help them establish community gardens, provides loans so they can start businesses and offers education in farming and product processing techniques.

This is a six-year program. Dining for Women is granting $45,848 over two years. This grant will directly impact 290 women and provide microloans to 48 women.

Find out more about Breaking Ground!
Can’t make a meeting? No worries. Donate to Breaking Ground online.

Where's the sustained program info?
DFW chapters often take a break in the summer months and donations always drop accordingly. Sustained program funding returns in September.

About Cameroon and Breaking Ground

Globally, women produce at least 50 percent of the world's food but own a much smaller percentage of the world's farmland. That right is usually reserved for the husband or head of household. This trend is clearly seen in Cameroon where women produce a full 80 percent of Cameroon's food, but own just 2 percent of the land. Learn more in Food For Thought.

This deeply rooted gender inequality is documented in "Men Own the Fields, Women Own the Crops: Gender and Power in the Cameroon Grassfields".

Explore products, books, music and film from Cameroon

A coming food crisis: Cassava is one of the staples of the Cameroonian diet. In fact, it is the third-largest source of food carbohydrates in the world - and a major staple in the developing world. In May 2013, the International Institute of Tropical Agriculture warned that the spread of Cassava Brown Streak Disease was so invasive that it could cut production by more than 50 percent. The "pandemic" is moving swiftly out of East Africa and into West Africa including Nigeria - the crop's largest producing nation.

Dinner customs: A traditional Cameroon meal will be served from a communal bowl. Men eat first and the eldest man is served first. If a woman is invited to dine in a Cameroon home, she would eat with the men - as a guest. A western guest might be given cutlery, but Cameroonians eat with their hands. If you choose to eat with your hands, you should use your right hand.

What's going to be on the table? Maybe beef skewers - a common staple in Cameroonian cooking. The recipe on our website sounds spicy/sweet.

Check out all the Recipes from Cameroon.

We were so happy with the response to our celebration and conference June 21-23 that we decided to keep the early bird pricing.

From the opening reception to Marsha's look forward to the next decade, we hope our programs will inspire and inform - and maybe even transform - you.

Details of the program are on our website and the registration page.

And thank you to our sponsor, Wells Fargo.

Donation Options

We know how it is. Summer comes and our routines change. What with vacations, family visits, and holidays, the summer months fly by. And before you know it, you haven't been to a DFW meeting since May!

Some chapters may not even try to meet during these busy months.

If you want to make sure you continue your support of DFW even when life keeps you from dinner with your friends, consider setting up recurring payments by filling out and returning this form.

You control the amount, the frequency, whether it's debit or credit.

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

Ask your HR department if you have that benefit.
**Updates from two of our featured programs**

**Nurturing Minds, Tanzania**
**August 2011**
This program supports the Sega Girls School in an effort to startup and successfully run a poultry farm. The goal of the farm is to make enough money to help support the school and provide scholarships.

The group reported that by the end of the school year, the farm was up and running. Egg production was not only supporting some of the food needs of the school, but more than 50,000 eggs - 1,000 per week - had been sold. [Read More]

**Nepal Youth Foundation, Nepal**
**January 2012**
The Nepal Youth Foundation fights to eradicate the practice of Kamari - the indentured servitude of young girls sold into slavery by their families - and to rescue and support victimized girls.

With our grant, freed girls were given opportunities for education and economic freedom. Tuition was provided for 140 girls to receive 9th and 10th grade education; another 20 were trained as seamstresses and 18 more were identified and trained to takeover rescue operations and outreach efforts in the future. [Read More]

**Raise for Women Challenge: Help us to help others**

There are still a few days left in the Raise for Women Challenge - a project of the Huffington Post, the Skoll foundation and Half the Sky Movement. The focus of the fundraiser is to draw attention and support to organizations like us - those who support and empower women and girls around the world.

More than $580,000 has been raised for the participating organizations. The top three programs can win cash prizes of $25,000, $15,000 and $10,000.

We are proud to be a part of this effort, which shines a light on challenges women around the world face every day. And every day, Dining for Women works toward a world where girls can grow up to be educated, empowered and self-supporting women. If you haven't participated in the challenge yet, we hope you'll support us.

Over the past decade, we have shown what the power of collective giving can accomplish. Let's make that work for us now.

[DONATE]

**DFW in the news**

Keep an eye out for an upcoming edition of People Magazine (unfortunately, we don’t know when!). But Marsha Wallace, DFW founder, was interviewed at length for a story about Dining for Women and recently travelled to Charlotte, NC., for a photo shoot. With the pictures in the can, those in the know say publication may not be far away. [View the slideshow from the photo shoot.]

Marsha was also recently a guest on the Carolina Now program on WYCW - a regional TV network. If you missed it, or want to pass it on, [go here.]

**Volunteering with Dining for Women**
Want to get more involved? DFW can be even more fulfilling when you participate.

Are you into social media? We need volunteers to assist us with getting our message out through Facebook, Twitter, LinkedIn and whatever else is next. [Fill out an application to get started. If you’ve already done that and want information on one of these specific opportunities, email Mary Liz Jones, our volunteer coordinator.]

**Board of Directors**

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- Barb Collins
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- Kirsten Bunch
- Karen Frederick
- Jordene Hale
- Susan Holck
- Jennifer Moyen-Logan
About June's dish...

I am sorry to report that we didn't have any contributions from chapters for The Dish monthly photo contest. So we used a selection from this month’s program - **Coconut Rice** from Cameroon.

We are hoping that next month we'll have some chapter contributions vying for the top spot in our masthead. Just in case you forgot, 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!

Thank you to Marcie Christensen for providing the new masthead for The Dish!

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.