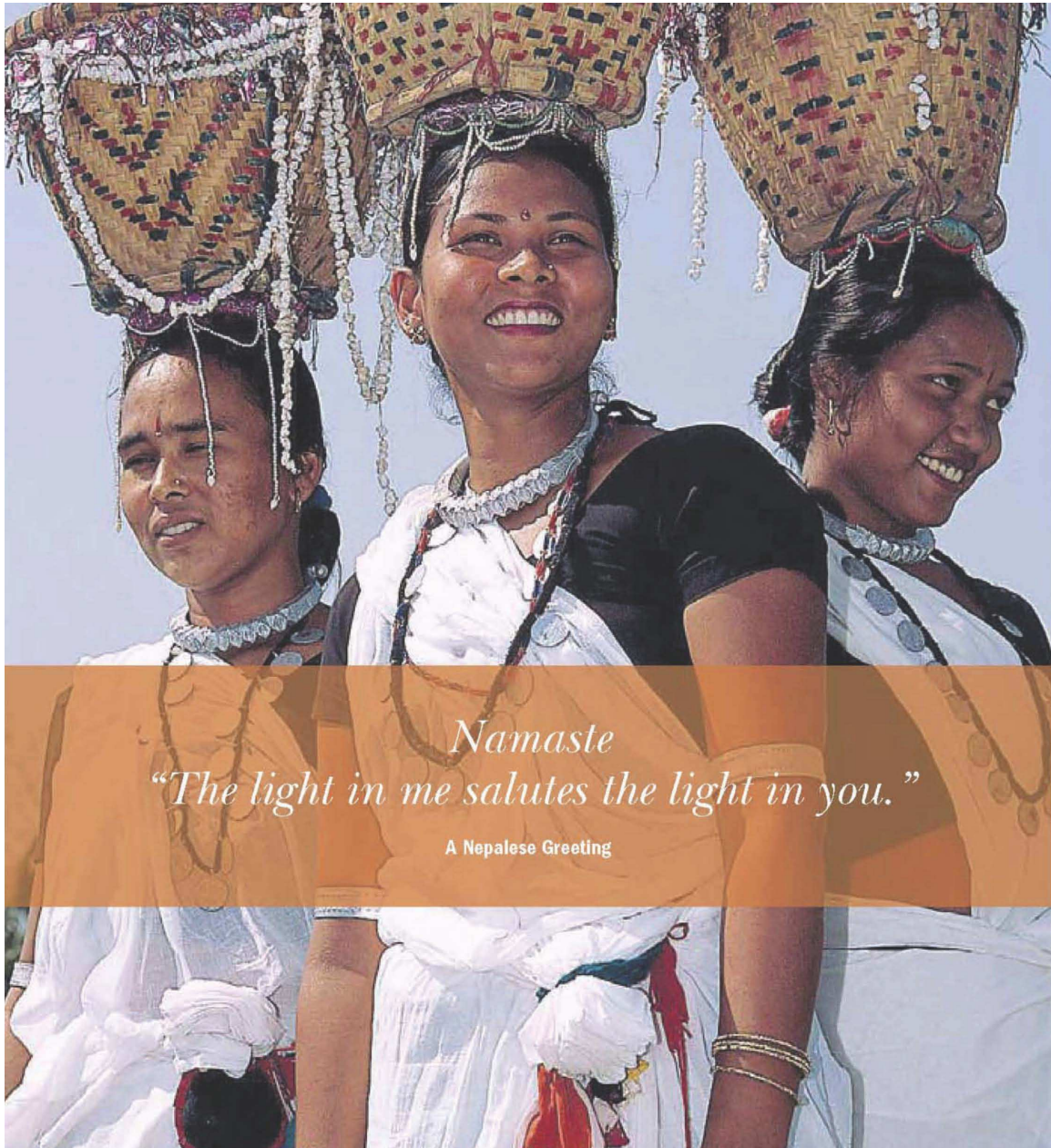


Dinner & A Movie With Heifer International



Namaste
“The light in me salutes the light in you.”

A Nepalese Greeting

Invite Friends and Family to Share a Special Night in your Home! Enjoy Heifer’s New Documentary *12 Stones!* Share traditional Nepali food and games! Feed Your Mind - Take Action - End Hunger!



Heifer's mission is to work with communities to end hunger and poverty and care for the earth. By giving families a hand-up, not just a hand-out, we empower them to turn lives of hunger and poverty into self-reliance and hope.

With gifts of livestock and training, we help families improve their nutrition and generate income in sustainable ways. We refer to the animals as “living loans” because in exchange for their livestock and training, families agree to give one of its animal's offspring to another family in need. It's called Passing on the Gift – a cornerstone of our mission that creates an ever-expanding network of hope and peace. As people share the offspring of their animals – along with their knowledge, resources, and skills – an expanding network of hope, dignity and self-reliance is created that reaches around the globe.

These women are participating in a **Passing on the Gift** ceremony in Nepal, a ceremony that demonstrates the community's growth through Heifer's work. “Passing on the Gift” creates a living cycle of sustainability that develops community and enhances self-esteem by allowing project partners to become donors.



FILM

Join together for a viewing of this short documentary about the remarkable journey out of poverty of a group of illiterate women from the impoverished village of Belsi in southern Nepal. You will be amazed and inspired by how a simple idea can transform lives!

FOOD

*Taken from www.welcomenepal.com:

There are different types of Nepali food depending on the region the kind of food belongs to, but most Nepalese have Dal (lentil soup), Bhat (steamed rice) and Tarkari (curried vegetables). It is often accompanied by achar (pickles). Curried meat is popular, but since meat is expensive people save it for special occasions. Tibetan influences increase as you go north and perennial favorites like momos (steamed or fried dumplings stuffed with meat), are widely available. As we move towards the south Indian influences are seen in the food. Most Nepalese do not use cutlery to eat but use their right hand.

Simple Dal recipe:

Ingredients

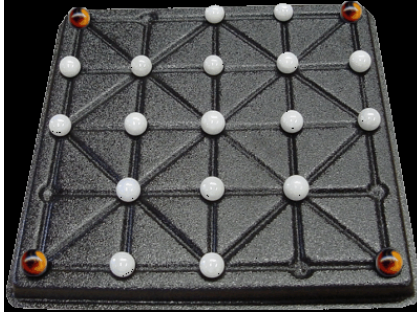
- 1 C. red lentils, picked over, rinsed, and drained
- 3 C. water
- 1 large tomato, cut into 8 wedges (or 8 oz. diced canned tomato)
- 1/4 C. canola oil
- 1/2 t. cumin seeds
- 1 medium onion (yellow or red), finely chopped
- 5 large cloves garlic, thinly sliced
- 1 t. ground coriander
- 3/4 t. ground turmeric
- 1/2 t. cayenne
- 1 T. butter (or Earth Balance - vegan non-hydrogenated margarine)
- 3/4 t. salt
- 1/4 C. minced cilantro leaves (optional – you can also substitute parsley)
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Directions

1. Place lentils, tomato (if using fresh tomato) and water in a large saucepan and bring to a boil.
2. Reduce heat to a simmer, cover, and cook until lentils are tender and have lost their shape, about 40 minutes (begin checking that there is still water in the pot at 30 minutes and add small batches of water as needed).
3. Pick out any tomato skins and whisk dal to emulsify it. Keep warm over low heat.
4. Make the tadka (Indian spice preparation) as follows:
5. Heat oil in a medium skillet over high heat.
6. When oil begins to smoke, add cumin seeds.
7. After seeds have stopped sputtering, add the garlic and onion and saute over medium heat until most of the onion has turned dark brown, 5-10 minutes.
8. Add the coriander, turmeric, and cayenne, stir, and pour the onion/spice mixture over the dal.
9. Add the butter/margarine, tomato (if using canned), (cilantro/parsley), and salt to the dal and simmer for another 5 minutes.
10. Serve hot.

GAMES

The Nepalese are fond of playing board games, and you will often see people playing in the streets. The most popular board game in Nepal is "Tiger and Goat".



While you probably don't own this board game, there are plenty of other board games you can play, including dominos that will help bring your family and friends together for a fun evening following the film!

FUN

Why not welcome your guests in a traditionally Nepali manner? Welcoming guests with khada (scarves) or flower garlands shows respect to your guests. Purchase simple white fabric to make your scarves or string together silk or real flowers to make floral garlands. Have fun!



CRAFTS

Butterflies are beautiful colorful creatures and they have been studied in Nepal for over 150 years. In the early days of the Raj, the British residents and their subordinates took considerable interest in butterflies and managed to collect quite a number of species which they meticulously studied and catalogued. After 1950, it was the Japanese who took particular interest in collecting butterfly species through scientific expeditions. This later resulted in the establishment by Tribhuvan University of the Natural History

Museum at Swoyambhu in 1974. According to official records, Nepal has 651 species of butterflies!

Why not spend a little time with your family and friends making butterflies after dinner?

Butterfly Craft



This craft reprinted courtesy of [Kids Craft Weekly](#).

This simple butterfly looks equally beautiful on both sides, making it perfect for hanging from a light fitting or in a doorway.

Supplies

Rectangular piece of paper

Paints or markers

Pipecleaner

Two beads

[Click here for printables](#)

Instructions

Colour or paint a piece of paper on both sides and let it dry. Concertina fold the entire piece of paper, starting at the short edge.

Fold a pipecleaner in half and make a twist about one centimetre from the fold. Make another twist about one centimetre from the last one. Place paper in the pipecleaner and twist again, making sure that the pipecleaner is holding the paper firmly in place.

Make a final twist about one centimetre from the paper and extend the ends of the pipecleaners to form antennae. To finish off, pop beads on the end of the pipecleaners.

HELP

You and your guests can help end hunger and poverty in Nepal, or in other countries around the world. You can set out a large bowl with a sign that asks for donations, or hand guests a brochure or World Ark and ask them to donate when they return home. Or you can go online (www.heifer.org) together at the end of the night and purchase a goat or a flock of chicks! Feed your mind - take action - end hunger!

Heifer Nepal and its Methodology

Heifer International began work in Nepal at the request of the Nepali Government in 1957 and 1958, with shipments of pigs, cattle and sheep to introduce higher yielding animals. It would be almost 40 years before Heifer returned, due to political issues. In 1993 our work began with two projects, and in 1997 Heifer registered a country office. Today, more than 20,000 families have increased their farm productivity, improved their food security and strengthened their futures by directly receiving training, livestock and other resources from Heifer Nepal. Tens of thousands more have benefited through Heifer's trademark practice of passing on the gift, participating in training opportunities, and accessing greater quantities and quality of food and agricultural products.

Heifer Nepal has emerged as one of the most effective development agencies in the country, mainly due to the development of highly participatory, values-based training model. The government of Nepal has officially recognized the effectiveness of Heifer Nepal's unique model, and some government offices have adopted the training curriculum for their own projects.

Conditions and Opportunities in Nepal

Nepal, located between China and India, is an extremely beautiful and diverse country. Nepal is home to about 29 million people. The country has multiple eco-zones ranging from the "Terai," or flat river plain of the Ganges in the south; to the central "Hills" region; to the rugged "Mountain" region of the north, known for the Himalayas and eight of world's highest peaks, including Mount Everest.

Nepal is among the poorest and least developed countries in the world with a per capita income of about US \$240. About 42 percent of the population is unemployed, and 47 percent are underemployed. A surge of Nepalese have left the country for employment, sending in remittances of about US\$1.2 billion.

Agriculture is the mainstay of the economy, providing a livelihood for three-fourths of the population and accounting for 38 percent of the Gross Domestic Product (GDP). Livestock is an important part of the agricultural system, with milk and water buffalo meat being vital agricultural products. However, due to difficult terrain, poor soil, inadequate irrigation systems and lack of technical knowledge, the agricultural sector has not been able to meet the daily needs of the market. Therefore, even basic produce like grains, fruits and meat are imported from China and India.

The Caste System, Women, and Family

Though ethnically diverse, caste (social level) separates Nepali people more rigidly than ethnicity or race. Traditionally, one cannot rise above or marry outside of the caste in which one is born. Castes often determine roles/professions in society.

Over 13 percent of Nepal's total population comes from marginalized castes collectively known as dalits. They are the former "untouchables." In spite of protective legislation since 1990, discrimination against dalit castes remains deeply ingrained in Nepal. Most of the dalits live in grinding poverty, work menial jobs, and are in a state of deep indebtedness. They continue to be mistreated, repressed and deprived of the right to take part in a range of social, religious and economic activities. Dalit women endure the double oppression of caste and gender discrimination, and are often reported to be victims of harassment and sexual assault.

In Nepali culture, the family takes precedence over the individual, with members of an extended family living under one roof. Women generally have few rights or privileges in society. Land is inherited and divided equally among sons. Rural women often marry before they are 18. A woman joins her husband's extended family at that time and is expected to care for his parents. The women are responsible for the household and farming (except plowing). Often requiring their husbands' permission to leave the house, women do not frequently socialize in public.

Nepal's poor economy and poverty makes communities more susceptible to girl trafficking. Girls are sold by poor parents, tricked into fraudulent marriages or promised employment in larger towns, only to find themselves in India's brothels.

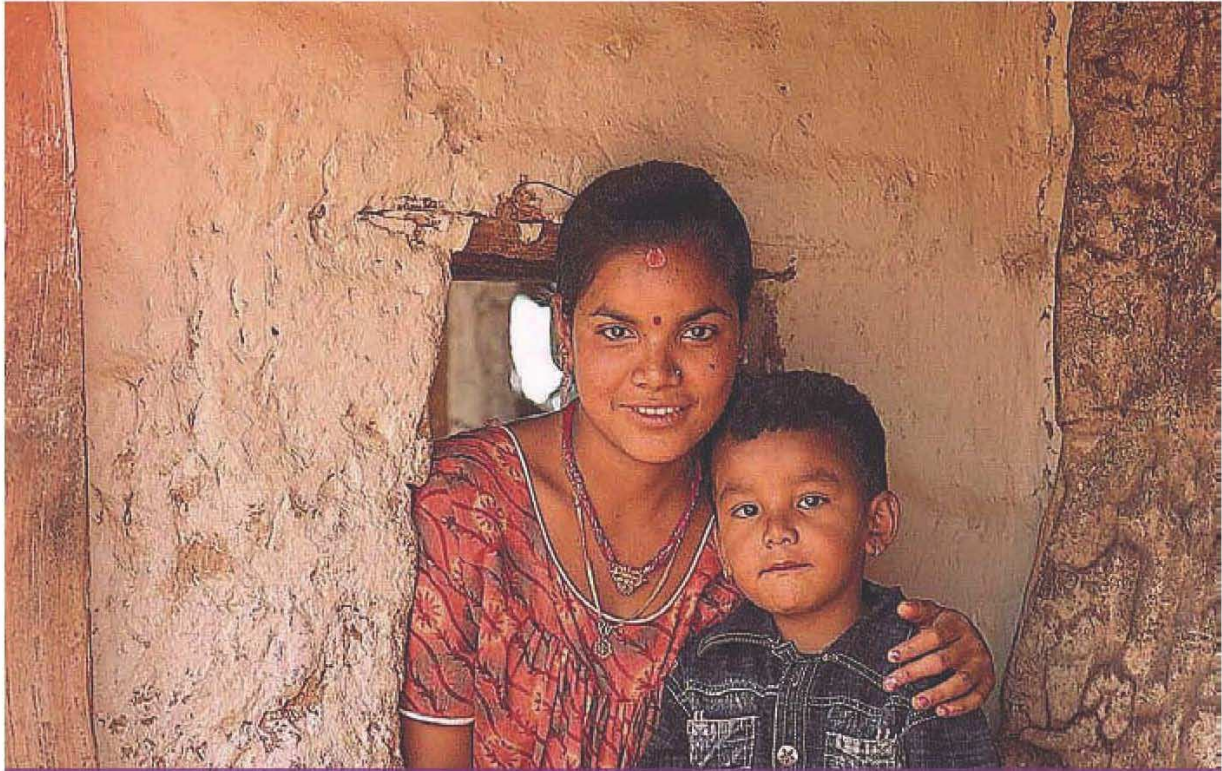
Learn more about Nepal and its culture by visiting <http://www.lonelyplanet.com/nepal> or <http://welcomenepal.com/>

SUCCESS STORY:

<http://www.heifer.org/site/c.edJRKQNiFiG/b.201598/>

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Call (800) 422-0474



“After the loan, I am not in darkness. I am in light.”

Member of Mahalaxmi Mahila Jagaran Livestock Project, Thankot, Nepal

