



Turkmenistan Youth and Civic Values Foundation

House Party Kit

Salam! Greetings! Thank you for agreeing to host a house party!

In Turkmen, a house party is called a *myhmanchilik* (“MEEK-man-chill-lik”), Turkmen for “guesting.” Your house party will raise awareness and funds for the Turkmenistan Youth and Civic Values Foundation. The Turkmen show their generosity through “a guesting,” part of a timeless nomadic tradition. Visitors to a Turkmen house or tent are welcomed in and placed at the head of a handmade carpet, given the best food and drink in the house, and offered the honor of the first toast.

Just as the Turkmen show generosity through “a guesting,” you can show yours with a house party of your own making. With these gatherings, we can provide young Turkmen with resources, education and opportunities. We can also bring a spirit of understanding between the people of our two countries.

We have had great success with these events in the past, and we know you will too. The *mynmanchilik* is an opportunity to host any number of your friends and family (the average size is between 20 and 30) for good food, drink and conversation.

Turkmenistan is little-known, along with the Turkmen people and culture. This party is a wonderful chance to have fun learning about Turkmen culture and the efforts Turkmen people are making in collaboration with the Foundation to make a better life for themselves. Above all, the goal here is to have a great time!

Enclosed, you will find the following:

- (1) House party planning ideas, templates, and organizational tips
- (2) Information on options for collecting donations and a Donation Tracker (pages 15-16)
- (3) The Foundation Recipe Book, including recipes for traditional Turkmen dishes
- (4) Lists of Turkmenistan-inspired drinks
- (5) Ideas to incorporate Turkmenistan and the Foundation into your house party
- (6) Camel-hair bracelets from Turkmenistan and/or about Turkmenistan for display/raffle
- (7) Materials and information about Turkmenistan and about the Foundation
- (8) A CD of Turkmen Music

Please don't hesitate to contact our Development Director, Sari Long (slong@tycvf.org) or Executive Director, Sarah Lange (slange@tycvf.org) if you have any questions!

House Party: Planning Ideas and Organizational Tips

Holding a successful house party just needs a little planning.

Where to have it?

1. Your house – the comfort of your own place can't be beat.
2. Another house – a great way to have an “in-kind” donor who wants to support you!
3. Apartment complex common room – many apartment complexes have party rooms which are free for the use of their tenants.
4. University / community center room – universities, schools, and neighborhood centers are often available free for the use of their students and citizens.
5. Park – good outdoor weather is a must, but it allows for a barbeque! Sometimes you need to book in advance and alcohol may be prohibited, so check with your local park regulations.
6. Bar/café/restaurant – If you're renting a space here, these places will often have a minimum, meaning that you and your guests will need to purchase a minimum of a certain amount in drinks and food. Weekday nights usually require less than weekends, of course. And the “minimum” is only for if you're renting a space.
7. Coffeehouse – informal, but if you're looking for something super casual and your corner brew spot has the space, it's often a great overlap of interests.
8. Rental space – We mention this last only because it's often the most expensive. But there are deals all around, and maybe a supportive donor would be willing to help pay for the space rental.

Who to invite?

Your friends, colleagues and family! Anyone and everyone that you think might have a great time and want to experience Turkmen culture for an evening. Don't forget that generally people won't mind coming out to support a great cause, especially if the event is fun and includes food and drink!

What to ask for, in donations?

This is a tricky question, so take the pressure off yourself: don't “charge” anything. Put on your invitation a suggested donation.

But how much to suggest? Think of it this way: if you were going to raffle off (at a church auction, e.g.) a house party of the size and with the features you will be offering, how much per person *at minimum* do you think would be fair? Usually, it's the amount which completely covers the food and drink and effort, with the effort being *your* donation (the food and drink, of course, one must buy).

This will often come out to \$20-25 or so per person – half in food/drink and half in effort. (If the house party is very casual, then the minimum might be just \$10; if very formal, \$40-50 or more.)

Only \$20-25 may seem like a little, but people will often donate more. *House parties with \$20-25 minimum actually generate average donations of \$40-45 per person – some with attendees giving \$100-200.*

Choosing a minimum donation using the above formula allows people to know what is expected, but also permits them to feel generous because they want to support you and the Foundation. This is because when they donate more, it's because they want to (not because they're being charged for it), and that generates good feelings. If the suggested minimum is \$50, but the party is still in the value of about \$20-\$25, people will often donate exactly \$50 and no more.

What kind of invitations?

For more informal house parties, eVite and e-mails will do. Most of the Foundation's past house parties have been with informal eVites.

The Foundation has also had three more formal house parties (and counting). For these classier house parties, paper invitations are still en vogue, as there's an expectation that parties in which you are asking for a larger donation will have a paper invitation. Here is an invitation used in the past:

Invitation template (front)

<p>You are cordially invited to the</p> <p>“MHYMANCHILIK”</p> <p>(meek-mon-chill-lik, meaning “guesting” in Turkmen)</p> <p>on behalf of the Turkmenistan Youth and Civic Values Foundation</p> <p>*** featuring *** original regional cuisine, libations, and entertainment</p>

Saturday – February 20, 2010 – 6:30 to 9 p.m.

Home of [Name]
[Address]

*Information about the Foundation
available on reverse side and at www.tycvf.org*

RSVP to [] at: []

Donations optional but your presence is mandatory!

*All donations (above \$10) are tax-deductible as the Foundation
is a 501(c)(3) organization. Donation receipts mailed after event*

Invitation template (back)

The Turkmenistan Youth and Civic Values Foundation

The Turkmenistan Youth and Civic Values Foundation (the “Foundation”) is a 501(c)(3) non-profit dedicated to developing and encouraging civic values, international experience, and community engagement in the peoples of Turkmenistan.

The Foundation was created in early 2006 by returned Peace Corps Volunteers. Working for two years across all regions in the health and education sectors, the Volunteers came to understand the unique challenges of “development” in Turkmenistan. The Foundation is one of only a handful of NGOs which work in Turkmenistan, and it is uniquely devoted exclusively to the people of that country.

Over 95% of donations goes to programming. Guests of previous Mhymanchiliks in Boston and Washington, D.C. in 2009 and 2010 made lasting impacts in these programs:

Scholarships for Future Leaders: To American-style colleges; these include an additional, mandatory, rigorous “Foundation Curriculum” on social and political theory.

Seminars and Camps on Critical Thinking: Turkmen-led; topics from principles of Western journalism to economics.

Conference on Leadership and Civil Society: Discussing the responsibilities of citizens in a free society.

College Guidance: including TOEFL tests.

We take the long view and believe that the best investments expand minds and change attitudes.

Annual Reports will be available.

What to serve?

FOOD:

If you're at a bar or café, that choice is probably made for you. If it's a bar or café you frequent regularly, or you know the owner, you might ask they would be willing to make some special recipes (see our Foundation Recipe Book below). Remember, some bars and cafes will require a minimum amount to be purchased in food and drink.

If you're at home, then first consider what the timing is, and then how formal or informal the event is.

For timing:

- Weekend afternoon = finger-foods OK
- 5-7 p.m. = finger-foods OK
- 6-8 p.m. = finger-foods OK
- 6-9/10/11 p.m. = enough that will satisfy for dinner
- 7-9/10/11 p.m. = enough that will satisfy for dinner

As a general rule, Turkmen cuisine does not have a lot of light finger foods, and so if you're hosting just a small informal party that's offering finger foods, these will be things like crackers and vegetables (see below). Consider putting in one Turkmen recipe among them!

<i>Finger-foods</i>	<i>More substantive</i>	<i>Dinner items</i>
Pickled vegetables Fruits Vegetables and dip Chips and salsa Crackers or bread and cheeses Hummus Turkmen/Russian salads (see Recipe book, below)	Shashlyk (kebabs, on a stick, or with toothpicks) Manty Samsa	Full dinner items can include most of the recipes in the Foundation Recipe book.

DRINKS:

A good rule of thumb is two drinks per person per hour, with a “drink” being no more than 6-8 oz. That means that if you’re expecting 20 people for 2 hours, have enough ready for 40 drinks. You know your crowd, so you are the best judge of what kinds of drinks to serve.

Non-Alcoholic

Juice, soda, sparkling water, tonic, etc.

If you will have a bar, consider which juices/waters go together best, and remember fruit for garnish!

Alcoholic

Beer: The most bottled beer in Turkmenistan is actually the Russian Baltika, which comes in half-liter bottles numbers 0 through 9. Many liquor stores in the U.S. carry Baltika beer, as does Russia Food Direct (www.russiafooddirect.com), which seems to be able to import beer across state lines with absolutely no problem. We’ve had good customer service experiences with RFD.

Wine: Remember red and white. Past party planners recommend the “three buck chuck”, although there are plenty of other very reasonably priced wines, around \$5, in most liquor stores / supermarkets.

Liquor: We’ll be frank: when it comes to drinks, the Turkmen haven’t won any international acclaim. The two most popular kinds of alcohol are fermented camel’s milk (*chal*) or vodka, drunk straight with yogurt or pickles as a chaser. But past party organizers have had tremendous fun with coming up with *new, fun* drinks inspired by Turkmenistan. They are below:

Green Tea Martini	Amu Derya	Karakum
<u>Ingredients:</u> 1.5 oz of extremely strong green tea (make beforehand, with an entire package of green tea), sweetened with a little sugar 1.5 oz lemon vodka Lemon rind	<u>Ingredients:</u> 1 oz vodka or lemon vodka 1 oz Hpnotiq (blue-colored liqueur) 1 oz triple sec	<u>Ingredients:</u> 1 oz cognac 1 oz apricot juice Sprite Ice

<u>Preparation:</u> Shake tea and vodka with ice and pour into martini glass, garnish with lemon rind	<u>Preparation:</u> Shake with ice, pour into martini glass; the Hpnotiq gives it a blue color (like a river)	<u>Preparation:</u> Shake cognac and juice and pour into a highball with ice, add Sprite (tonic has been used, too, for those who like bitter)
<u>Notes:</u> Green tea (<i>gok chay</i>) is a staple if ever there was one in Turkmenistan.	<u>Notes:</u> The Amu Derya, one of the world's largest rivers, flows through the east of Turkmenistan.	<u>Notes:</u> Turkmenistan is known for delicious cognac and mountains of apricots in spring

How to plan?

You will want to put together a “Master Plan” that has all the details. This will really help in making the event a success!

Here is an example of the 2010 Berkeley fundraiser’s master plan:

<u>TYCVF Berkeley Fundraiser</u> <u>MASTER PLAN 2010</u>	
<p>I. Information</p> <ol style="list-style-type: none"> a. WHERE: 38 Highgate Rd. b. WHEN: Tuesday; 5:30 – 7:30 p.m. c. GUEST TOTAL: 35-50 d. HOSTS: <ol style="list-style-type: none"> i. Harold and Cecile Weaver e. VOLUNTEERS: <ol style="list-style-type: none"> i. Kelly Clancy, Jen Shin, Kenyon Weaver, Jason Klocek, Margot Garcia <p>II. Invitation</p> <ol style="list-style-type: none"> a. Formal invitations <ol style="list-style-type: none"> i. RSVP to Kenyon’s e-mail address <p>III. Food, Drinks, Things</p> <ol style="list-style-type: none"> a. Food <ol style="list-style-type: none"> i. Vegetarian Plov ii. Shashlyk (shish-ka-bobs) iii. Finger foods <ol style="list-style-type: none"> 1. Pickled vegetables 2. Vegetable plate 3. Pita and Hummus b. Drinks 	

- i. Baltika beers
 - ii. Wine
 - iii. Juice and soda
 - c. Plates, Cups, Silverware, Napkins
- IV. Activities
 - a. Brief discussion of TYCVF and what it does
- V. Environment
 - a. Décor:
 - i. Large photos of Turkmenistan
 - ii. Information about Turkmenistan
 - b. Music:
 - i. Turkmen music to play
- VI. Tasks
 - a. Pre-Party
 - i. Cooking
 - ii. Set-up
 - b. Party
 - i. Taking donations
 - ii. Bartending
 - iii. Checking on food
 - iv. Guest relations
 - c. Post-Party
 - i. Clean-Up

Turkmenify that Party!

Music:

Included in this kit you'll find a CD with Turkmen music to give your party an authentic feel!

Display Items:

If you've been to Turkmenistan and have souvenirs, bring them out (or ask any guests who may have items to bring them to the party)! Use these items as talking pieces to share experiences and stories about Turkmenistan. If you don't have any of these items, don't worry! Consider making 8x10 copies of photos from the Foundation (we can supply you with these) for display and set them up around the party locale. If you have a centrally located TV and a laptop with a connector, you can consider running a silent Turkmen photo slide show in the background (we can send a copy of this to you upon request!).

Foundation Items:

We'll make sure you have copies of leaflets about the Foundation and Annual Reports that your party guests can browse through. You can put these items out on a guest sign-in table or place them in several places where people might sit and chat during the party.

Additionally, if you would like to arrange a conference call with one of our scholarship recipients during the party – let us know and we can try and make that happen!

Lastly,

Help and Volunteers:

Many hands make light work! We suggest recruiting one or two of your friends to help with set-up and arrive early to get all of the last minute preparations ready before the party goers arrive. If you are in need of extra help, let us know and we'll try and find Foundation volunteers in your area that can make sure your house party is a success.

Taking Photos:

Have a camera on hand! Most party goers will be thrilled if you document the event and send photos out (via email) to attendees after the party.

Follow Up:

After the event, you'll want to send a thank-you note (e-mail for less formal, written notes for more formal parties). This is a great way to let your guests know how much their presence and support was appreciated. If you provide the Foundation with contact info for the donors at the party, we will also send out thank-you notes!

Foundation Recipe Book: Turkmen Recipes

Plov

Sent by: Carol Lastowka

Ingredients:

- At least 1 pound of carrots. The more carrots you use, the sweeter and richer the plov will be.
- 1 head of garlic
- 4 to 5 medium yellow or white onions
- One to one-and-a half pounds of beef (get a cut with fat marbled through it--it's much more tender when fried than the "lean" varieties).
- Rice (not Minute rice--too dry)
- Salt
- Vegetable oil (preferably Canola oil. I don't recommend olive oil--it just doesn't give it that traditional Turkmen taste. Turkmen plov uses cottonseed oil, which isn't available in American stores.)

Directions

Chop the onions, fairly small (but not minced).

Cut the carrots into slivers. This can be time-consuming, because the slivers should be about 3 inches long and only 1/8 of an inch wide. If you have some type of slicer, go for it! The important thing is that there are no big chunks of carrot--just thin slices.

Cut the meat into 1 to 2-inch cubes.

Now for the fun part. Put on an old shirt or an apron, because soon the oil will be a-sizzlin'.

Find a big, heavy pan/pot (I use an 8-quart cast iron dutch oven). Turkmen use a heavy pot called a *cazan*.

Now, you must heat the oil in the pot. The amount of oil you use will depend upon the size of the pan you use. But I recommend that the oil be about 1 centimeter (almost 1/2 inch) deep. It will seem excessive, but go ahead and pour it in! Drop one little piece of your chopped onion in the oil, and turn on the burner to medium. When the onion turns BLACK, remove it with a fork. Now, your oil is hot enough to cook with.

Add the meat and the whole garlic cloves. Turkmen people often throw in the whole garlic head, skins and all. You can do that, or peel the cloves. (If you don't cook much with garlic, don't worry about it being too spicy--garlic sweetens as you cook it.) Cook the meat & garlic until the meat starts to turn a nice

"roasted"-looking brown, stirring occasionally (this should take about 7-8 minutes, maybe more).

Add the onions to the meat and oil. Cook 5-6 minutes, stirring occasionally. Add the carrots to the mixture and cook until tender, stirring occasionally. Add a couple teaspoons of salt (or you can add the salt later, to taste).

Now here's where I deviate from the traditional method. (My apologies to purists). At this point, Turkmen would add rice and water into the pot with the meat. This method requires a lot of guesswork, and I still can't seem to get it right. So, I recommend the following alternative.

Cook as much rice as you think will fit in the rest of your pot, according to the directions on the bag of rice. For an 8-quart pot, I make about 7 cups of rice (7 cooked cups--that's about 3 1/2 dry cups). Just use your best judgement as to the amount.

When the rice has finished cooking, add it to the meat/onions/carrots mixture in the big pot. Mix it well, and serve it hot. It can be reheated, if needed.

Don't be surprised if when you're finished eating, there's oil left on your plate. If you've got that, your Turkmen cooking adventure has been successful!

Ishlekli

The word Ishlekli means - "with something inside"

The ingredients needed for Ishlekli:

1. Flour 1 kg
2. Salt + yeast (yeast not much)
3. Water to make a paste
4. Minced meat (beef) 1kg (or beef - which should be cut into small pieces)
5. Onions - 2 pieces
6. Oil 1 l.

7. Pepper

Flour is mixed with salt, water, and yeast in order to make a paste. Then leave a ready paste for 20 minutes.

During that time it is needed to make a filling of Ishlekli.

First of all cut the onions into small pieces (big pieces will make a holes in a paste)

Then mix minced beef with onion and put salt and pepper and 10 spoons of water.

Now the filling of Ishlekli is ready.

Now it is time to divide a paste into small pieces, each piece may be in size of fist.

Then take two pieces of paste and roll them out one by one, make them thin, maybe thinner than pizza.

Then take one rolled piece and put the meat on it as it is usually done with pizza, then take a second piece of paste to cover the first piece with meat. The margins of the Ishlekli must be closed because the sauce of meat will run out.

Then put it in the oven and cook for 30-45 minutes – time of cooking depends on oven and meat.

That's all.

Somsa

Dough:

4-5 cups flour

Salt

Water

Filling:

2 cups cubed squash or potatoes

Salt and pepper

Sauteed onion

Boil water and cook the squash or potatoes. Once they are soft, drain the water, and mash well, adding salt and pepper to taste. Add sautéed onion after the filling is nice and mashed.

Make the dough by slowly mixing the flour, water and pinches of salt. Knead it well until it is not sticky. Make small balls with the dough and then roll them out into circles (about the size of a CD). Spoon filling thinly in the dough and then fold into a triangle shape. Use water to seal the dough.

Bake in a 350 degree oven until slightly browned and serve warm.

Processing and Keeping Track of Donations

We want to make sure that every donor at your House Party knows just how much we appreciate their contribution! Please use the template on the following page to keep track of all donations made at your party. (You can just print this out to use, how easy is that?)

TYCVF can help you collect donations from your party-goers in a variety of ways to suit your needs:

- 1) Online Credit Card Process through PayPal.
All you need is a laptop and internet access at the party.
- 2) You can accept personal checks made out to "TYCVF."
- 3) You can accept cash donations.
- 4) You can use TYCVF Pledge Cards if people wish to pay with a Credit Card.
The party-goer simply fills out the card with the Credit Card info and donation amount and you send these cards back to TYCVF. We securely process these donations using PayPal merchant services.

Prior to your party, make sure to contact Sarah Lange at slange@tycvf.org to discuss which options are right for your party.

After your party, make sure to send cash, checks and pledge cards along with the Donation Tracker (next page) back to TYCVF. We strongly suggest using a mail service that is trackable such as USPS Priority Mail for this.

TYCVF
309 Wilder Place
Shreveport, LA 71104

