

# Healthy Living, Inc. News

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## From Juliette's Desk

When we invest in “**human capital**”, we can *never* loose. Unlike the ebbs and flow of the stock market, the growth of our investment in human capital never stops.

In our society, we do this through the many non-profits and/or neighborhood organizations that exist in our communities. These in turn, rely on the good will, time and energy of the thousands of volunteers who give something of themselves time and time again for the greater good of the communities in which they live. The organizations rely as well on the financial commitments of others, corporations, organizations and individuals, who believe it is worth to invest in human capital, but who may prefer to support programs financially rather than with their time.

As a result, parks, trails and rivers get cleaned, children benefit from mentorship, a street-festival benefits from sponsors, a homeless community has a meal, a job-program is born, and a cooking-program empowers individuals to eat healthier.

It seems, at times, that the good news from our “human capital” investment gets drown in the cacophony of society’s perceived bigger issues: poverty, job-losses, crime, war, poverty, etc... You would think no-one cares, but it’s far from the truth.

Having the privilege to work within communities that have chosen to invest in their human capital, my experience is that people do care, do give, do want to create safe neighborhoods where families and individuals can grow healthy and contribute to society positively. For these individuals and communities, public service is a way of life that transcends race, ethnic and/or socio-economic backgrounds.

At Healthy Living Inc., we care to create a culture where our communities and their inhabitants matter. Our investment in “human capital” is reflected in all or our programs.

Through the **cooking healthy programs and classes**, we care to offer the tools for individuals to learn about themselves in the area of nutrition and healthy cooking.

Through the **wellness workshops**, we care to offer the tools for individuals to learn about basic physical health and maintenance.

Through the **consciousness studies program**, we care to teach individuals about “awareness”; a place where those interested in “change” can start the process.

I welcome you to attend our programs and welcome your support either as a student, a volunteer or as a donor. Remember, when we invest in “**human capital**”, we can *never* loose.

In good health,

Juliette G. Tahar

### Healthy Living Inc. Receives Its First Grant

**Healthy Living Inc.** is pleased to have received its first grant. In December 2008, the **Advisory Neighborhood Council 6C**, in **Washington, DC** awarded **\$1500** towards support for HL cooking and nutrition program at **Calvary Women Services** and **Pathways** transitional home, both services for homeless women. We are grateful to the **ANC6C** commissioners who have tripled the initial request amount and thank them for their generosity.

## Fundraising Update

Healthy Living Inc. is committed to creating a healthy financial organization that relies on a combination of funding sources.

Right now, it generates income from its own public programs, i.e. classes and workshops offered to the general public who pays for it; grants from the funding community; donations from the public and eventually fundraising events.

Any donation is appreciated. Right now, all the income goes toward programs and their administrative cost. Besides our part-time bookkeeper and as needed legal counselor, there is no other paid position at HL. Yours truly has been donating time and energy towards all the cooking classes and programs, but it is time to establish a formal executive director paid position.

Donate towards HL general funds or become a sponsor of one of its programs through “**Adopt a Program at Healthy Living**” and be part of an organization that **transforms lives “one healthy meal at a time”**.

We have **four programs that you can sponsor**:

- 1) HL at **Calvary Women’s Services**
- 2) **Teaching Healthy Cooking at Pathways**
- 3) HL at **Riverside Center**
- 4) **Boys & Girls Club, Jelleff Branch**
- 5) **Farmers’ Markets Demonstrations**

Each program is different. Some are weekly, some are bi-weekly and some are monthly. They last from one to three hours, not counting preparation time. Each program costs HL between \$20 and \$150. By adopting a program, you can sponsor one class or several. You can contribute as little as \$20 or as much as you want. Even \$20 makes a huge difference in the lives of the people who benefit from the program.

## Fundraising on the web

We are quite excited to have set-up an account with an internet-based fundraising company—**Firstgiving** ([www.firstgiving.com](http://www.firstgiving.com)).

How does it work? **Firstgiving** allows individuals to “adopt” an organization and raise funds for it. Individuals create their own fundraising page and send it to their own network of friends and family member. Since we have created a fundraising page for Healthy Living Inc., you can also go on <http://www.firstgiving.com/juliettetahar8> . Follow the directions to the donation. It is simple, fast and totally secure.

## Call for Volunteers & Board Members

We welcome any individual who wishes to volunteer in the following areas: Marketing, fundraising, logo and graphic design, database creation and maintenance, logistics coordination and assisting at events.

If you are a philanthropist, are passionate about non-profits, service, health, nutrition, cooking and community issues, HL welcomes you on its board.

Contact Juliette at [healthylivinginc@earthlink.net](mailto:healthylivinginc@earthlink.net) .

Healthy Living is a an IRS certified 501c3 not for profit organization whose mission is to educate people of all backgrounds, regardless of income, in how to plan and prepare simple, delicious, healthy meals in an environment that is supportive and safe, and which fosters community spirit. We raise people’s consciousness about food--its cultivation, history and nutritional value”.

As our health improves and our awareness expands, we begin to understand the powerful connection between food, its preparation and our future, transforming our lives both spiritually and physically.”

## Upcoming Cooking Classes & Events

### **Dinner and Class with Juliette—Every Wednesday night in DC**

Review basic macrobiotic principles and create a simple, delicious meal that supports health. Start the evening with a scrumptious meal and Q&A time. Then, learn how to make the meal you just ate. All this from 6:30 to 8:00 p.m.

The menu varies each week. It is vegan, and includes vegetarian protein, whole grains, and seasonal vegetables. Special classes on soups, appetizers and vegan desserts.

**Cost:** \$35; \$30 snr/stu; \$250 10 payable in advance.

**Location:** Georgetown, NW DC Time: 6:30 – 8 pm

### **Dinner Lecture with Michael Rossoff Saturday, March 14, 2009 Takoma Park, DC**

This evening lecture is a concise overview of food from the perspective of traditional Chinese medicine and philosophy. From our macrobiotic point of view, we often assess foods in terms of yin and yang qualities, or by season and or by cooking style.

Michael will introduce terms such as “heating,” “cooling,” “dampening,” and “drying.” He will also explain how “ancient,” and “modern,” relate to Chinese medicine’s traditional interpretation and today’s current health conditions.

You will leave this lecture with practical information, clarity and insights on using natural, healthy foods for your personal balance.

Dinner precedes lecture.

**Time:** 6:30 – 10 pm

**Cost:** \$48 vegetarian; \$58 fish dinner

**For detailed information about these event, pl. check HL at [www.healthylivinginc.org](http://www.healthylivinginc.org) .**

### **Introduction to Energy Medicine: Using Traditional Chinese Medicine for Basic Self-care.**

**With Bronwyn Clark, L.Ac., M.Ac., Tiffany C. Hoyt, L.Ac., M.Ac., Robert Ristow and Juliette G. Tahar**

In this series of **five workshops**, starting **March 8, 2009** and continuing throughout the year, learn the principles behind a paradigm of healing that is rapidly gaining acceptance in our culture as a complement to Western medicine. You may have already experienced acupuncture or shiatsu or eaten delicious macrobiotic foods, yet the principles behind these dynamics are still foreign to you.

In this workshop, presented by four different practitioners, you will learn the principles and belief systems that provide the framework for TCM. Further, you will learn how you can apply them to everyday self-care whether in cooking, body awareness, acupressure, and home-remedies.

**Cost:** \$140 per session.

**Location:** Georgetown, NW DC

### **Studies in Consciousness Series: The Part You Play in Creating Your World With Eric Dowsett**

**Sat. & Sun., Feb. 7&8, 2009**

Bring into your life change of a fundamental nature. Join us and see how, simply by being, you are attracting situations and people into your life.

**Covering the following topics:**

**Abundance - A State of Mind**

**The Law of Attraction**

**The Nature and Resolution of Conflict**

**The Part You Play**

Understand why you are who you think you are.

**A New Dream:**

Recognize that to dream a new dream we must first realize we are dreaming the current one.

**Cost:** \$285 per person

# IN DC AND FOR DC METROPOLITAN AREA

HEALTHY LIVING INC.

NATURAL COOKING, WELLNESS WORKSHOPS

STUDIES in CONSCIOUSNESS

**Healthy Living's Natural Cooking Wednesday Night Dinner & Class with Juliette.** Vegan meal followed by class.

**Dinner Lecture with Michael Rossoff, L.Ac.** Health topics from the Traditional Chinese Medicine paradigm.

**Introduction to Energy Medicine With Bronwyn Clark, L.Ac., M.Ac., Tiffany C. Hoyt, L.Ac., M.Ac., Robert Ristow and Juliette Tahar**

**Studies in Consciousness Series "The Part You Play in Creating Your World" with Eric Dowsett**

**Our Natural Cooking Outreach Program**  
*Providing a "traveling kitchen" to partner sites & Farmers' Markets throughout DC*

- Open-air Cooking Demos & Health Fairs
- Partnering with existing organizations to provide healthy eating cooking classes.

Pathways and Calvary Women Services  
Riverside Community Center  
Boys & Girls Club  
DC Farmers Markets

- Building networks for cooperative cooking

**Support HL Programs.**

**Please donate at**

[www.firstgiving.com/juliettetahar8](http://www.firstgiving.com/juliettetahar8)

*YES! I/We will gladly help Healthy Living Inc.. My/our contribution will help Healthy Living realize its goals:*

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City State Zip \_\_\_\_\_

Telephone (\_\_\_\_) \_\_\_\_\_ Email Address \_\_\_\_\_

**I/We wish to contribute the following tax-deductible amount:**

\_\_\_\_\_ \$25 \_\_\_\_\_ \$50 \_\_\_\_\_ \$100 \_\_\_\_\_ \$250 \_\_\_\_\_ \$500 Other \$ \_\_\_\_\_

thank you for your generosity. Please make your check or money order to **Healthy Living Inc. and mail to:**

**Healthy Living Inc.  
C/o Juliette G. Tahar  
3900 Tunlaw Road, NW Suite 314  
Washington, DC 20007**

[www.healthylivinginc.org](http://www.healthylivinginc.org) [healthylivinginc@earthlink.net](mailto:healthylivinginc@earthlink.net) 202-947-5269