



HONEYBEE CAPITAL

HONEYBEE PUBLICATION #6 – YEAR-END BOUNTY ISSUE
(ABBREVIATED WEB VERSION)
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HIGHLIGHTS OF THIS ISSUE:

- **Honeybee's favorite resources for charitable giving**
- **Year-end book reviews**
- **Notes on food and flourishing**
- **Secret recipes!**

"This country's hard on people – you can't stop it coming, It's not all waitin' on you. That's vanity."

- Cormac McCarthy

"Kids love worms"

- Will Allen – *Growing Power, Inc.*

"Poverty is not about not having money, it's about not being able to live to your full potential"

- Esther Duflo – MIT economist, working on poverty alleviation

"Flourishing, like suffering, is profoundly human."

- Professor Arthur Kleinman

"Many people think that compassion is passive. Compassion is action."

- The Dalai Lama

"When there is suffering, especially that which is able to be remedied, it is foolish to aim for neutrality."

- Paul Farmer

"We do not quite forgive a giver. The hand that feeds us is in some danger of being bitten."

- Ralph Waldo Emerson

"It is every man's obligation to put back into the world at least the equivalent of what he takes out of it."

- Albert Einstein

IT'S THAT TIME OF YEAR....

Our thoughts naturally turn to sharing our bounty at this time of year (perhaps this should be a year-round tendency, but that is a topic already covered in many a seasonal carol). Honeybee has fielded a number of questions about charitable giving, volunteering, and philanthropy over time, so we include here a list of resources that may be of interest.

RESOURCES FOR RESEARCHING CHARITIES:

One still-common concern amongst donors is that it is hard to get information on charitable organizations. Well, that's a lot less true than it used to be – here are a few sites that help connect you with details on nonprofit institutions. One note of warning for financial analysts, though – the interpretation of nonprofit tax filings is not really the same as for corporate financial statements. And, one of the toughest but most interesting things about the nonprofit world is how to measure what really counts – lives improved, suffering lessened, joy increased... trying to assess these might be difficult quantitatively, but they are among the most important (some would say the only important) criteria in charitable giving decisions.

Charity Navigator:

<http://www.charitynavigator.org/>

Guidestar:

<http://www2.guidestar.org/>

INNOVATIVE WAYS TO GIVE CHARITABLE GIFTS:

GIVE CHARITY GIFT CERTIFICATES:

You can order gift cards from this site and the recipient chooses which charity to donate to (there is a long list to choose from, but it's not infinite – check first if you have particular interests to investigate).

<http://www.charitygiftcertificates.org/>

GIVE “REAL STUFF”

There are several programs that give “real stuff” to people in need – things like goats, chickens, even honeybees! One of the most popular and reputable in this arena is Heifer International:

<http://www.heifer.org/site/c.edJRKQNiFiG/b.183217/>

“GIVE” A LOAN

Microfinance has grown rapidly in recent years, with some large institutions (including for-profit companies) getting into the field. Kiva has become a successful clearinghouse (link below) – note that you are making a loan and not a gift, so charitable rules may not apply for tax purposes etc.

<http://www.kiva.org/about/how>

A few of Honeybee’s favorite nonprofits are listed on our website, with more to be added during this holiday season. <http://www.honeybeecapital.com/resources.php - nonprofit>

YEAR END BOOK REVIEWS

THINK TWICE, MICHAEL MAUBOUSSIN

In each chapter Mauboussin takes an important theory, explains why it is so cool and influential, gives some great and relevant examples, and then tells you how to incorporate it into your own process. Every person in a decision-making role should read this book. (Yes, that means everyone.)

http://www.amazon.com/Think-Twice-Harnessing-Power-Counterintuition/dp/1422176754/ref=sr_1_1?ie=UTF8&s=books&qid=1261418269&sr=1-1

JUSTICE, MICHAEL SANDEL

Professor Sandel has a great ability to peel apart thorny issues so that we can analyze their squishy insides – Sandel’s even tone and linear (though still nuanced) logic allow for a more thoughtful examination of even the most controversial and emotional issues.

http://www.amazon.com/Justice-Whats-Right-Thing-Do/dp/0374180652/ref=sr_1_1?ie=UTF8&s=books&qid=1261419037&sr=1-1

SAY THE NAME, JUDITH SHERMAN

This is a tough book to summarize, and it is not a cheerful, happy-go-lucky holiday tome. Judith Sherman is a survivor of the Ravensbruck concentration camp, and this book is a collection of poetry and prose about her life, both then and now. Amongst the most important points she asks us to ponder is the role of silence, and

what purpose words serve in situations when there really are no words that do justice to their subject.

http://www.amazon.com/Say-Name-Survivors-Prose-Poetry/dp/0826334326/ref=sr_1_1?ie=UTF8&s=books&qid=1261418494&sr=1-1

A BORDER PASSAGE, LEILA AHMED

If you like personal narratives, this is sure to become a favorite: even more than the bare facts of her story, Ahmed's writing is beautiful, lyrical and poetic, reflective in the way that all autobiographers hope to be, but few are.

http://www.amazon.com/Border-Passage-America-Womans-Journey/dp/0140291830/ref=sr_1_3?ie=UTF8&s=books&qid=1261418725&sr=1-3

And just to mix it up (get it?), three great cookbooks:

STIR, BARBARA LYNCH

BAKED, MATT LEWIS AND RENATO POLIAFITO

BOUCHON, THOMAS KELLER

I strongly suggest the spicy tomato soup and harvest salad from Stir, the honeycomb bars and lemon lemon loaf from Baked, and the endive-trout salad and vanilla macarons from Bouchon.

http://www.amazon.com/Stir-Mixing-Up-Italian-Tradition/dp/0618576819/ref=sr_1_1?ie=UTF8&s=books&qid=1261419687&sr=1-1

http://www.amazon.com/Baked-Frontiers-Baking-Matt-Lewis/dp/1584797215/ref=sr_1_1?ie=UTF8&s=books&qid=1261419711&sr=1-1

http://www.amazon.com/Bouchon-Thomas-Keller/dp/1579652395/ref=sr_1_1?ie=UTF8&s=books&qid=1261419732&sr=1-1

HUMAN FLOURISHING

I attended a lecture on this topic recently that featured **Arthur Kleinman and Paul Farmer**.

Professor Kleinman is very well known in anthropological and medical circles: his work has focused on the links between mental illness and physical illness, with much of his research centered on China. He has some very unique perspectives on culture, caregiving, and health.

Professor Farmer is best known as the founder of Partners in Health (known to many through the book Mountains Beyond Mountains). He specializes in infectious disease and shares Dr. Kleinman's interest in the combination of anthropological and medical studies.

Related to the current health care debate in the US:

- There's an important distinction between the **right to health care and the right to HEALTH** – we have more comfort with the first than the second.
- Farmer notes that human rights language is 'lethally neutral' – it ignores 'structural violence', deep bias which is imbedded into social, economic, political systems.
- There is nothing in the current health care debate about actual caregiving – it is really just a health insurance debate.

BETTER THAN CALLING BIRDS! FOUR SPEAKERS ON FOOD:

I saw all four of these at the recent PopTech conference – you can see their presentations online at PopTech.org (if not yet, then soon).

MICHAEL POLLAN – “The Sun Food Agenda”

Some of Pollan's commentary is a little exaggerated – his quote that “a vegan in a Hummer beats a carnivore in a Prius”, for example, garnered a lot of attention and a lot of argument – but his underlying point, that food is important, and tied to our broader energy system in a more direct way than most realize, is relevant. Here are some notes from his talk:

- *Omnivore's Dilemma* (his popular book) – showed that there are direct ties between burgers, feedlots, corn megafarms, oil fields.
- Every calorie ultimately comes from the sun – there is a free lunch, and it's photosynthesis!
- Cheap food is not really cheap, it is subsidized through corn
- His conclusion: eat food. Not too much. Mostly plants.

MARIJE VOGELZANG – Designer with (not of) Food

Marije's work is an incredible example of the power of food to trigger memories and connection. She is a designer who uses eating in her work (not a food designer).

- More about Marike's work can be found at <http://english.proefamsterdam.nl/>.

WILL ALLEN – Growing Power, Inc.

- This non-profit is trying to combat the 'food deserts' in our cities, where there are no groceries, no gardens, no fresh food.
- Will Allen won a MacArthur grant last year to further his work. Check it out at: http://www.growingpower.org/about_us.htm

DEAN ORNISH – “The Power of Sustainable Changes”

Dr. Ornish is the founder of the Preventive Medicine Research Institute – I am naturally skeptical of titles like this, so if I saw him on Oprah I'd probably have switched the channel - but his work is scientifically rigorous, convincing, and logical... worth a look!

- “We have an epidemic of loneliness”
- JOY OVER FEAR – this is what enables lasting change – “FROM FEAR OF DYING TO JOY OF LIVING”
- More information at: <http://www.pmri.org/index.html>

THINKING AHEAD TO YOUR NEW YEAR'S RESOLUTIONS?

This app builds on some behavioral research that shows many people do better with a publicly stated goal, with support of friends and family, etc. – and then combines that theory with social networks plus communication gadgets

<http://www.mobilewillpower.com/>