

Buddhist Offers Sitting & Cooking Services

In 2008 I lost a corporate job I had been in for 19 years. My position was re-organized out of the company. My networking efforts were focused on a professional conference in January of 2009 where I was on the program to give a presentation. The week before the conference I found a lump in my right breast and instead of going to the conference, I began treatment for stage 1 cancer.

Losing my job was a wake-up nudge and the breast cancer was a wake-up jolt. I stopped looking for a job and focused on my healing. I had the time to think about what I loved to do. And luckily the things I love, deepen my Buddhist practice. Cooking is a Zen tradition and caring for other beings is what matters.

What I love is cooking, looking after dogs and puppies and organizing and planning.

I am slowly seeing if I can spend my time cooking for others and dog sitting as a way to deepen my practice. I offer these services at reasonable fees. Please call for details.

COOK TO GO. I'm looking for opportunities to cook for those who would like a special dinner, need a break from cooking or need help with meals as well as cooking for retreats. I've studied at Kendall College to supplement my "on-the-job" cooking experience as a Zen cook. I hold an Illinois Food Service Sanitation Manager Certificate. My rate is based on cost of goods plus a cook fee.

*Cooking for shut-ins
Cooking for cancer patients*

*Cooking for retreats
Cooking gluten free*

*Cooking for weight loss
Cooking vegetarian*

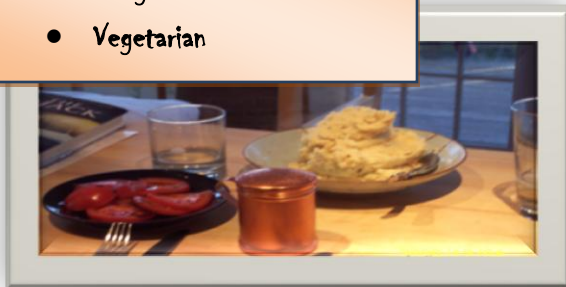
DOG SITTING. I've fostered over 20 puppies for PAWSChicago and live with and care for 3 big dogs. I am available to dog and house sit while you are away. I'll water your plants and tend to the beings in your home. Basic rate is \$50/night.

Puppy sitting overnight

Dogs, old, healthy or sick sitting overnight

- Gluten Free
- Weight Watcher Meals
- Vegetarian

Specializing in



- Puppies
- Old dogs
- Dogs, dogs, dogs

