

Fall 2009

CALENDAR OF UPCOMING EVENTS

CALENDAR at a GLANCE



Potluck

with Susan Krieger

Friday, September 25, 2009

6:30

Lecture

with Susan Krieger

Saturday, September 26

10:00AM - Noon

Cooking Class

with Susan Krieger

Saturday, September 26

1:30 PM - 3:30PM

Private Consultations and Bodywork

with Susan Krieger

Sunday, September 27

Times TBA

Potluck with

Michelle O'Shaughnessy

Saturday, October 10

6:00 PM

Clairvision School of Meditation Intro.

Saturday, October 17

7:00 PM

Veg Fest

Saturday, October 24

10:00 AM - 6:00 PM

Meditation Workshop

November 7 & 8

TBA

Thanksgiving Potluck

Saturday, November 14

6:00 PM

Holiday Catered Dinner

Saturday, December 12

6:00 PM

Those lazy days of summer will soon be behind us and with the upcoming autumn season we find ourselves gearing up for activities and learning. We have several interesting and motivating events lined up to support the balance of a healthy lifestyle and busy schedule. On our plate we'll find a weekend seminar with Susan Krieger, a Macrobiotic counselor from New York, a potluck with acupuncturist Michelle O'Shaughnessy, festive holiday dinners and the return of veg fest! We tend to drift away from each other in the summer, so let's gathertogogether this fall for fellowship, food and fun!

VEGGIE FEST

Saturday, October 24, 2009 • 10:00 am - 6:00 pm

Central Florida Veg Fest is back – bigger and better than ever! It will be held on Saturday, October 24, 2009 from 10:00 a.m. to 6:00 p.m. at beautiful Loch Haven Park in Orlando. (On the corner of Mills and Princeton)

Come out for an exciting day of colorful and educational exhibits and events., including hundreds of vendors, live music, speakers, and (of course) vegetarian food! There will be so many fun and interesting things going on that you will want to stay the whole day. Admission is FREE! Veg Fest is a family-friendly and smoke-free event. For more details, go to www.cfvegfest.org.



THANKSGIVING DINNER

Saturday, November 14, 2009 • 6:00 pm

Let the Holidays begin! Join us at the home of Mary Lou Ganter for our annual Thanksgiving Potluck Dinner. It's a bit early this year, so you can jump-start your way into the Holiday Eating Season in a healthy way! The macrobiotic board will provide the Tofu Turkey's, you bring the sides! Special note: In order to raise money for Harriet's Fund, we will provide wine on a donation basis. Come ready to celebrate!

Members: With dish, \$5, without dish, \$12 • Non Members: With dish, \$7, without dish, \$15.

NOTE NEW LOCATION: Hosted by Mary Lou Gantner | 7722 Lake Gandy Circle, Orlando 32810

Directions: off Maitland Blvd. West and Edgewater Drive. 407.299.8877

MACRO HOLIDAY CATERED DINNER

Saturday, December 12, 2009 • 6:00 pm

Just in time for the Holidays, a catered dinner! No cooking! Come mingle with kindred spirits and enjoy a delicious feast, catered for us again by Tiffany from Eternal Balance, Inc.. Desserts will be provided by the Macrobiotic Board members. And, to benefit Harriet's fund, wine will be available on a donation basis. (Menu items to be announced in a postcard in November.) Price: \$25:00

IMPORTANT: RESERVATIONS REQUIRED! Because this is a catered dinner, you must RSVP: 407.226.6963 no later than DECEMBER 10 ♦

Hosted by Madelyn Flammia & Fred Klingenhagen | 688 N. Phelps Ave., Winter Park

Directions: I-4 to Fairbanks Ave. Go east past downtown Winter Park. (Fairbanks becomes Aloma Ave.) Turn left on Phelps, and the house is at the corner of Phelps and Taylor. No parking allowed on Phelps Ave. Please park on Taylor or Lansbury. 407.644.6412

SPECIAL EVENT
TO YOUR HEALTH WITH SUSAN KRIEGER



The macrobiotic Foundation of Central Florida is pleased to announce the visit of Susan Krieger, a dynamic and renowned counselor and healer who specializes in Integrative Macrobiotic Health and Nutrition, Chinese/Asian Medicine and Diagnosis, Women's Health and Medicinal Remedies. Susan is in

private practice in NYC and travels throughout the US presenting her teachings and sessions. We welcome her to Orlando and look forward to an exciting weekend which includes an introductory potluck dinner, interactive lecture, cooking class and private consultations.

Susan Krieger, L.Ac., MS, Diplomate-NCCAOM, Macrobiotic MEA, is an internationally renowned workshop leader, counselor, and healer with 30+ years experience. She specializes in Integrative Macrobiotic Health/Nutrition, Chinese/Asian Medicine, Ki-(Qi) Shiatsu Energy Bodywork, Acupuncture, The Five Elements, Women's Health, The Energetics of Foods, Oriental Diagnosis, Asian Healing Arts, Medicinal Remedies, Qi-Gong-Yoga and Meridian-Self Shiatsu along with her years of personal, intuitive and clinical experience for participants and healing professionals worldwide. Susan writes for professional acupuncture, nutrition and healing journals. She produced The Ki-Shiatsu Instructional DVD and lectures for the UN, universities, acupuncture and bodywork schools, hospitals, women's organizations, corporations, health and healing centers and private events.

Location for All of Susan Krieger's Events:

The home of Rocky and Mike Brown, 7043 Burnway Drive, Orlando, FL Directions: I-4 to Sand Lake Road, go west.

Turn right at Dr. Phillips Blvd. Go to Wallace Road and turn left. After a short distance you will see Clubhouse Estates on your left. Turn left there onto Burnway Drive.

House is on the left. 407-226-6963

POTLUCK DINNER
WITH SUSAN KRIEGER

Friday, September 25, 2009 • 6:30-8:30 pm

Join us for a fun evening and meet Susan Krieger. Susan will give a brief talk outlining her weekend lecture and cooking class.

PRICE: Members with a dish \$5, without a dish \$12;
Non-members with a dish \$7, without a dish \$15

LECTURE- TO YOUR HEALTH:
EMPOWERING THE HEART, MIND,
AND BODY, WITH SUSAN KRIEGER

Saturday, September 26, 2009 • 10:00 am - 12:00

PRICE: \$25 members / \$30 non-members

Please Call the Macrobiotic Hotline 407-672-2356,
to RSVP by September 14, 2009

Susan will present a dynamic lecture on physical, emotional, and spiritual health empowerment. She will lead a fun, enlightening, therapeutic and experiential workshop on health and enhancement with physical and spiritual life cycles. Through interactive exploration from an energetic perspective and discussion, participants will explore the synergies of body-mind health, self-image, and empowerment. Explore your health and healing from nutritional, physical-emotional-spiritual perspectives for improved sleep, releasing anxiety, realizing inner fulfillment and eating in balance from Macrobiotic and Wholistic Medicine perspectives.

EVENT: COOKING CLASS TO YOUR HEALTH:
STRENGTHENING AND REVITALIZING FOR
THE FALL WITH SUSAN KRIEGER

Saturday, September 26, 2009 • 1:00 pm - 3:30

PRICE: \$30 members / \$35 non-members

Please Call the Macrobiotic Hotline 407-672-2356, to
RSVP by September 14, 2009

This class promises to ease you into the Fall season with renewed health and vitality. Susan will demonstrate and discuss the delightful dishes from an energetic perspective for strengthening your health, with a focus on special combinations of power foods. She is renowned for using color, unique-delicious tastes and balanced combinations as well as and imparting practical and inspiring knowledge about foods and their relationships with our body-mind health. There will be recipe handouts at the class.

Recipes include:

- Balancing Qi with Quinoa, Sweetness and Crunch
- Burdock Arame Spicy Tonifyer
- Mushroom Sweetness-Cool the Heat-Body and Mind
- A Qi Strengthener/Mover-Tasty Tempeh/Squash with Herbs and Spices
- Berry-Rice Dream Delight

Special pricing for both the Lecture and Cooking Class
on Saturday is \$50 members / \$60 non-members.

****IMPORTANT**:** Please be kind and RSVP for Saturday's lecture and cooking class by September 21, so we can efficiently plan and shop for these events.

Private Consultations and Bodywork Sessions

Susan will be available Saturday & Sunday, September 26 & 27, for consultations and private sessions.

Nutritional & Health Consultations with Assessments and Energy Balancing PRICE: \$230.00 / 1 hour

Shiatsu Treatment with Assessment: Energy Balancing and Guidance Consultation PRICE: \$190.00 / 1 hour

Please call Irene Gomulka at 407-222-3163 for an appointment with Susan Krieger.

RECIPE CORNER

Peanut Apple Mousse

From Annemarie Colbin's
The Book Of Whole Meals

1 cup water
4 tablespoons crunchy peanut butter
2 tablespoons apple butter
5 tablespoons kuzu
1 1/2 cups apple juice
1 teaspoon vanilla
Roasted peanuts

Place the peanut butter and water in a saucepan over low heat until the peanut butter dissolves. In a small bowl combine the apple butter, kuzu, and apple juice, mixing well; add to the peanut butter. Continue to cook over very low heat, stirring constantly, until the mixture has a thick and creamy consistency, then simmer for 5 minutes more, stirring gently. Quickly spoon into individual custard cups and chill. Serve garnished with roasted peanuts.



Squash Stuffed with Bulgur

A fall favorite and a good side dish for holiday meals,
submitted by Rocky Brown.

1 cup bulghur wheat
3 cups spring water
1 medium carrot
1 medium onion
1 teaspoon sea salt
3 teaspoons corn oil
2 acorn squash

Sauce:

2 cloves garlic
3 tablespoons corn oil
3 tablespoons shoyu
1 tablespoon sesame seeds

Preheat oven to 425 degrees. Cut both squash in half length wise. Remove the seeds. Pour a small amount of corn oil on each piece of squash. Spread it around with a pastry brush or paper towel. Put squash in a pie plate and bake at 425 for 45 minutes.

In a separate pot boil 3 cups of water. Peel, wash and dice onion. In a pot, heat 1 teaspoon corn oil on high flame for about 2 minutes. Turn to low and add onion. Cook onion until it is clear (3 min.). Add bulghur. Stir onion and bulghur with a chopstick or fork so that it cooks evenly. Let bulghur sauté for about 3 minutes. Wash and scrub and dice carrot. Add to bulghur and sauté 2 minutes. Pour boiling water over bulgur slowly. Add salt. Cover and cook on low until water is absorbed, about 15 minutes.

To make the sauce, mix oil and shoyu together. Peel garlic and crush cloves or mince cloves. Mix in the sesame seeds. Take the squash out of the oven and fill the scooped out portions with the bulghur mixture. Pour the sauce over the squash and bulghur. Cook the stuffed squash in the oven for about 10-15 minutes. Use any leftover bulghur as a side dish.

POTLUCK DINNER AND LECTURE: NOURISH YOUR SKIN AND BODY

WITH DR. MICHELLE O'SHAUGHNESSY

Saturday, October 10, 2009 • 6:00 pm – 8:30 pm

PRICE: Members with a dish \$5, without a dish \$12

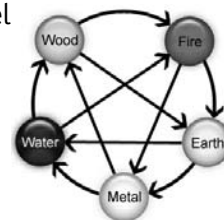
Non-members with a dish \$7, without a dish \$15

Location: 7043 Burnway Drive, Orlando, FL Directions: I-4 to Sand Lake Road, go west. Turn right at Dr. Phillips Blvd. Go to Wallace Road and turn left. After a short distance you will see Clubhouse Estates on your left. Turn left there onto Burnway Drive. House is on the left. 407-226-6963

Dr. Michelle O' Shaughnessy was a favorite speaker last year and she has agreed to again share her wisdom with us. She is a Doctor of Oriental Medicine and the owner of *Aesthetic Acupuncture Clinic* in Orlando. Michelle incorporates Chinese herbs, acupuncture, facials, and skin care to help improve most skin concerns with treatments for anti-aging, acne, eczema, rashes, and psoriasis. She is the author of

the book "*An Aestheticians Guide to Chinese Medicine*" and "*Nourish Your Skin and Body*".

She has developed a new healing soup, which is especially good for the Fall season; the Lung Nourishing Soup. She will talk about her newest soup and bring samples for us to taste. Michael is also the creator of the Recovery Soup, Detox Soup, and Metabolism Soup. All her soups are based on the Chinese Theory of 5 Elements.



LUNG NOURISHING SOUP

The lung nourishing soup blends Bok Choy, turnips, leeks, snow fungus, ginger, onions, garlic, horseradish, holy basil, and mustard. These white root vegetables help improve one's breathing and help to clear the sinuses. After 4 days, 8 oz a day your sinuses should be clearer and your lungs should have better circulation and feel revitalized. This soup is vegan, gluten-free, corn free, soy free, dairy free, and has no GMOs.

Yes, I want to be a member of the Macrobiotic Foundation!

Member(s) _____

Street Address _____

City _____ State _____ Zip _____

Home Phone () _____ Work () _____

Email Address _____

CURRENT DUES:

Single \$30 for 1 Year, \$45 for 2 Years

Family \$40 for 1 year, \$65 for 2 Years Renewal

New Member - Today's Date _____ Renewal

Make checks payable to the Macrobiotic Foundation of Central Florida

Detach & Mail to: P.O. Box 560466, Orlando, FL 32856

MACROBIOTIC
FOUNDATION
OF CENTRAL FLORIDA

**Benefits of
Membership:**

Discounts on
Macrobiotic Foundation
Dinners, Workshops
and Cooking Classes

Receive Newsletters and
Event Reminder Postcards

Support Your Community
by helping sustain the
Macrobiotic Foundation

The Macrobiotic Foundation of Central Florida is an organization dedicated to providing information, support and activities for its members and the community on the macrobiotic way of living. This begins with a reorientation of everyday eating using natural foods, and continues through accepting responsibility for keeping our physical, mental, emotional, and spiritual lives in harmony with ourselves, our families, our community, and with society and nature.

OUT AND ABOUT

by Robyn Martin

I was intrigued when I spied the Jonathan Adler figurines in the front window of **Baraka Home** and was compelled go inside. What a surprise to find that the store's owner is Beth Akil, one our longtime macrobiotic friends! In **Baraka Home**, Beth has gathered an eclectic array of artisan created, eco-friendly, handcrafted and fair-trade items, all beautifully displayed in a rustic, modern, sort of "upscale Grandma's attic" setting.

Visiting **Baraka** is like going on a worldwide treasure hunt. The store offers a diverse collection of artwork, antiques, lighting, furniture, jewelry, baby clothes, and home decor items. It carries well-known lines such a Love Heals Jewelry, Pine Cone Hill Bedding, Janine Payer, and K. Hall organic home fragrances. Whether you're searching for a unique gift or a treat for yourself or your home, stop by and explore this jewel in downtown Winter Park. It's a great way to support local business!

Baraka Home, 123 E. Morse Blvd. (east of Park Avenue, next to 118 Degrees Raw Restaurant), 407-691-0404.

Hours: 11:00 am - 6:00 pm, Mon.-Sat., Noon - 5:00 pm, Sun. barakacollection.com

LIGHTEN UP YOUR LIFE!

Samantha Keen, an instructor of the Clairvision School of meditation, will talk about a weekend meditation workshop coming to Orlando on November 7-8. An introductory talk will be give at the home of Vashon Sarkisian on October 17 at 7 p.m.

Cost: \$200, \$150 students, \$125 for repeat attendance (*Early Bird price \$175 two weeks before the course)

Location: Winter Park, FL

For further information and registration email "attention Vashon Sarkisian" at ATEFlorida@gmail.com or phone (407) 538 8803. www.clairvision.org

Macrobiotic Hotline

Call the Macrobiotic
Hotline for membership
or additional
information
or to register
for events:

407-672-2356



Macrobiotic Website cflmacro.com

Visit frequently
for information and
event updates.



Book Review

Modern-Day Macrobiotics: Transform Your Diet and Feed Your Mind, Body, and Spirit

By Simon Brown

Foreword by Michio Kushi

(Review from the Internet)

Modern-Day Macrobiotics is both a cookbook and a practical guide to understanding and adopting a macrobiotic lifestyle. Along with menus and complete eating plans – including a one-day tone-up, three-day detox, ten-day regeneration diet, and four-month healing diet – it helps readers tailor a Macrobiotic diet to their specific needs. Nearly 80 recipes cover every meal of the day, including dessert, and are tagged with icons indicating what types of energy the dish imparts. Colorful reference charts help readers find useful information at a glance. Health benefits; buying and storing ingredients; shortcuts and ten-minute meals; and ordering in restaurants are also covered. Luscious, full-color photographs capture the vibrant flavors of this healthy, delicious diet. This is a must have book for anyone practicing Macrobiotics at any level.

About the Author

Simon G. Brown has been practicing a macrobiotic lifestyle for nearly 25 years. In the mid-1980s, Brown studied under Michio Kushi in Philadelphia and assisted him with consultations. He also regularly helped cook macrobiotic meals for the 90 or so people who would go to the center to eat. In 1986, Brown returned to London to run the Community Health Foundation – Europe's largest natural health center at the time. Brown later started his own counseling practice and began teaching macrobiotic courses. Brown is also a highly regarded practitioner of Feng Shui and Shiatsu, and a best-selling author on these subjects.

ISBN-10: 1556436432

ISBN-13: 978-1556436437

The Balanced Plate – The essential elements of whole foods and good health

Author: Renee Loux

(Book review by Robyn Martin)

I have this book and love it because it offers over 150 recipes from a variety of nutritional approaches, which the author calls “nutritional cross-training”. Here, Macrobiotics, Raw Foods and Ayurveda are explained in short, user-friendly tutorials. Additionally, each recipe is labeled by a key of icons categorizing each one as macrobiotic, raw-friendly, vata, pitta, kapha, integrated, gluten-sensitive and low glycemic. In this way, you can determine with a quick glance whether the recipe will meet your dietary needs.

About half of the book is comprised of recipes and the other half is full of information about cooking, ingredients, eco-consciousness, home remedies and further discussion of various dietary approaches. For the recent health “convert” this book presents a clear and informative overview that would be sure to inspire. For the ‘seasoned’ macrobiotic cook, it provides a wider outlook than traditional macro texts and an invitation to explore new cooking approaches and tastes, while still staying true to the spirit of their nutritional leanings. I’ve

found that many of the “non-macro” recipes could be easily adapted by substituting one or two ingredients, usually a sweetener or oil. Some enticing recipes include Edamame Hummus, Wasabi Ginger Pumpkin Seeds, Massaged Greens, Quinoa Pilaf with Parsley, Scallions and Black Sesame Seeds, and Almond Green Tea Cake with Ginger Glaze. Check it out!

Renee Loux is the former co-owner of the Raw Experience restaurant in Maui and teaches courses on incorporating whole foods into a balanced lifestyle. She is also a “green” consultant for restaurants, spas and private clients.

ISBN 1-59486-471-3



SUPPORTIVE SERVICES

Available from our Members

Macrobiotic Cooking for Healing and Qi Gong Classes

Irene Gomulka

407-898-6551

Rolfing

Robyn Martin

407-645-2309

Yoga Instruction

Lewis Rothlein

407-644-3288

Susan Rothlein

Pre & Postnatal Yoga

407-644-3288



Macrobiotics Today of Central Florida is published for the members of the Macrobiotic Foundation of Central Florida. Editorial suggestions should be sent to:

Robyn Martin, Editor

robynrolf@cfl.rr.com

subject: Macro News Suggestions

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Fall 2009

OUR COMMITMENT IS TO EXPOSE
OUR COMMUNITY TO A BALANCED,
HARMONIOUS LIFESTYLE THROUGH
EDUCATION AND SUPPORT,
THUS CREATING
ONE PEACEFUL WORLD.



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